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*The magazine of* America

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## PEARL HARBOR, REMEMBERED

National Commander Fang Wong quietly drops a flower into the waters of Pearl Harbor on Dec. 7, 2011. Wong and his wife, Barbara, attended a ceremony marking the 70th anniversary of the attack, and laid a wreath at the USS Arizona Memorial. See more photos of Wong's trip online. [www.legion.org/commander](http://www.legion.org/commander)

Doug Malin

*The American Legion Magazine*, a leader among national general-interest publications, is published monthly by The American Legion for its 2.5 million members. These wartime veterans, working through 14,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.



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**'Hallowed Waters'**

I visited the Pearl Harbor Memorial with my family in 1986. While waiting for the launch, I overheard one of the park rangers tell another that he had left a Pearl Harbor survivor at the memorial to be alone with his thoughts.

Once aboard, he wasn't hard to spot. He was leaning on the railing staring below at the visible remains of *Arizona*. When I pointed him out to my wife, Peggy, she suggested that I have my picture taken with him. No, I said. He wasn't there at the moment. I knew where he was, and as a combat veteran of Vietnam, I understood that even I wasn't allowed there.

In case others learned of his presence, I stayed behind him, prepared to stop anyone from invading his thoughts. I never told him that, nor did I introduce myself as he joined our launch for the return trip. It's a veteran thing.



—Jon Johnson, Sidney, Ohio

**'The Big Chill'**

I was pleased to read Alan Dowd's timely warning of the situation in the Arctic (December). Our outdated Coast Guard breakers haven't been available even to break a channel into our McMurdo Station for the annual resupply of that base and the South Pole. For two years, we hired Swedish breakers. This year, the National Science Foundation had to hire a commercial Russian breaker, available at the last minute.

We should be building a fleet of mostly nuclear-powered breakers, capable of clearing the thickest ice packs and with sustained cruising and resupply capabilities. Why must our politicians always lead us into world affairs with our pants down? We will end up paying dearly for not attending to business in the Arctic.

—David N. Grisez, Logansport, Ind.

**'Tapped'**

I believe the American public would embrace whatever it takes to balance our budget if the government would make the necessary cuts to the real

problems: the Department of Education, the Environmental Protection Agency, the Department of the Interior, the Department of Health and Human Services, the Department of Energy, etc., most of which have been total failures.

It's not hard to figure out that this administration will not stop the spending, even if we cut the military budget or Medicare or Medicaid. It'll just give more of our dollars to another Solyndra. Despite the liberal media covering for the president and his czars, Americans are beginning to see the truth.

—Kristen Bright, Slidell, La.

It upsets me to hear that to reduce the deficit you must cut Social Security and Medicare. The Congressional Budget Office vomits up all kinds of fancy graphs that don't mean anything. One side of their mouth says to cut Social Security, and the other gives a cost-of-living adjustment. The fund was adequate until Congress stuck its hands into it. Whatever happened to the "lockbox"?

Defense contractors, doctors and hospitals all overcharge the government because it doesn't follow up on what it's charged for, and for how much. The government is getting screwed and doesn't know it, or it does and won't do anything about it.

—John Sieradski, Lapeer, Mich.

Ron Haskins does little to address congressional waste in spending, earmarks, and money spent on agendas and groups rarely verified. He doesn't mention the biggest cost to taxpayers: the Iraq and Afghanistan wars. How about Congress taking a pay cut, paying into Social Security, paying for health care and cutting its own entitlements? They work for us, not the other way around.

—Paul Gardner, Belvidere, Ill.

#### **Defense budget cuts**

It disgusts me to read flag-waving articles such as Rep. J. Randy Forbes' lament over upcoming DoD budget cuts (Big Issues, December). "A smaller force will mean ... more time deployed." To where? The Iraq and Afghanistan campaigns are winding down. I'd rather see our military transition to jobs related to the nation's infrastructure or renewable energy.

—Arthur P. Corby, St. Petersburg, Fla.

When talking about so-called cuts in the defense budget, one needs to consider exactly what those are. When a taxpayer talks about cutting down on his expenses, it means he'll actually spend less money. But in a federal agency, that means it

won't get the full increases included in its submitted budget, usually more than the inflation rate. So if the defense budget is \$450 billion, a 10-percent cut doesn't mean the agency will get \$405 billion; it will get at least \$450 billion. As a budget officer in a federal department, I saw this mindset for years and still shake my head when people try to defend this process.

—David F. Jensen, Cove, Ore.

It is frightening to think that legislators with no more knowledge than Rep. Lynn Woolsey make major decisions on our national defense. She calls for cutting missile defense at a time when our biggest threat may be a missile with a nuclear warhead coming from a rogue state.

—Mark Newlin, Tell City, Ind.

#### **'The Math on Military Retirement'**

I read Michael Montaney's article with interest (December). The situation for a retiree like me is even less of the "too generous" compensation some critics claim. My 20 years were 1945 to 1966. I retired from the Air Force as a master sergeant. My current retirement pay before deductions is \$1,478 per month, instead of \$2,094. This illustrates the effect of 45 years of inflation and the failure of the so-called COLA to keep up with reality.

—James Melcher, Columbia, Miss.

When I volunteered, I was not promised the ability to retire after 20 years. I was promised the ability to receive a retirement benefit. There is a difference.

This article fails to mention that 20-year military retirees receive their benefit in their 40s, while most of the working world has to wait until 65. That's an additional 20-plus years of benefits.

Montaney also alludes to the fact that there is no time-and-a-half or double-time pay in the military. A large segment of the working world doesn't receive these, either.

I am on the side that advocates that military retirement pay start at 55, not immediately. He makes retirement sound like an entitlement, not the benefit it was designed to be. This mentality is what has our state and federal budgets bleeding red ink.

—Gene Kozaczki, Edinboro, Pa.

When civilians grouse about military "pensions," I correct them by asserting that my retirement check only represents deferred compensation. For over 20 years, we worked for less than half of our civilian earning capacity. The incentive to do so was a patriotic sense of duty, but we also knew we'd eventually be repaid that deficit. We're collecting what was earned long ago.

—Jim Boling, Richland, Ga.

#### **'Silent Sentinels'**

Regarding Ben Barber's article (Rapid Fire, December), there are actually two fire control towers still standing in Cape May, N.J. One has been restored and is open to the public. The other has been incorporated into a beach-front hotel in Cape May City. Local boaters still use them as navigational aids.

—Dave Blood, Mays Landing, N.J.

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# When to check your Legion cap at the door

*"From the outset, The American Legion kept out of politics. As a result, it rapidly acquired great political power."*

— Richard Seelye Jones, "A History of The American Legion," 1946

Politicians and their platforms have come and gone. Ronald Reagan and Strom Thurmond were Democrats before they were Republicans. Hillary Clinton started out as a Republican, as did Defense Secretary Leon Panetta, who once worked in the Nixon administration. The American Legion's principles, however, have endured through the decades, sometimes political but never partisan.

By the first American Legion National Convention, the organization's founders fully understood the political potential of an association of war veterans whose membership had soared to 684,000 in a matter of eight months. More than 5,000 posts had sprung up coast to coast, stitching the Legion's presence into the fabric of our nation. By the end of 1919, the Legion was poised to influence politics at every level.

The temptation to march the Legion's growing membership onto the battlefield of partisan politics was difficult to resist. At the first national convention, and in the years that followed, Article II, Section 2 of the Legion's constitution was the subject of heated debate. Today, it reads:

*"The American Legion shall be absolutely nonpolitical and shall not be used for the dissemination of partisan principles nor for the promotion of the candidacy of any person seeking public office or preferment."*

This means that The American Legion does not endorse candidates. Individual members cannot seek political office while simultaneously holding office in the Legion. If they wish to run for a public seat — and many have, quite successfully — they must keep their Legion membership separate and resign from any post, department or national office before filing. Article II, Section 2 means checking your Legion cap at the door of any political rallies, fundraisers or conventions.

In the early years, some saw this rule as a missed opportunity to get friends of the organization elected and keep enemies out. Thankfully, cooler heads prevailed, and the Legion's party neutrality strengthened the organization's integrity in Washington, as it still does.

As the 2012 election year unfolds, we must remember how important that one sentence of our constitution is to the overall effectiveness of the Legion. Article II, Section 2 was the essential first step in a journey that helped the Legion create VA, pass the GI Bill, and ensure compassionate care and benefits for veterans and their families.

Combine our nonpartisan mandate with an organizational structure that empowers individuals to advance ideas and set in motion national resolutions, and you get what historian Richard Seelye Jones called "the machinery and the membership to convert principles into policies, to solve problems and to activate decisions. It was all arranged in the simple terms of an American democracy."

Not a bad arrangement, if you ask me.




Chase Studios

National Commander  
Fang A. Wong

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### WASHINGTON CONFERENCE

The American Legion Washington Conference brings hundreds of veterans and their families to the nation's capital during the last week of February. Legionnaires will meet with lawmakers and top federal officials. Activities include:

- **Veterans Licensing and Credentialing Summit**, at U.S. Chamber of Commerce, Feb. 21-23. To learn more, call **(202) 861-2700**.
- **Veterans Job Fair**, Washington Hilton, 11 a.m. to 3 p.m. Feb. 23. Contact Steve Gonzalez, Economic Division, at **sgonzalez@legion.org** or call **(202) 861-2700**.
- **Homeless Veterans Roundtable**, Washington Hilton, 9 to 10:30 a.m. Feb. 24
- **Veterans Education Symposium**, Washington Hilton, 1 p.m. Feb. 26
- **"Know Before You Go"** briefing, Legislative Commission, Washington Hilton, 4 p.m. Feb. 27
- **Commander's Call**, featuring top speakers, 8:30 a.m. Feb. 28
- **Veterans Business Development Workshop**, Washington Hilton, 9 a.m. Feb. 28-29
- **National PR Luncheon**, Washington Hilton, noon Feb. 29

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# Continue adding free-trade deals



## SUPPORT

### Rep. Dave Reichert, R-Wash.

■ Reichert is a member of the House Ways and Means Subcommittee on Trade.

When it comes to job creation and economic recovery, policymakers must pursue methods that have a proven record of success. If a reliable, realistic plan is identified, who would oppose it?

That plan arrived in the form of free-trade agreements (FTAs) with Colombia, Panama and South Korea. These agreements level the playing field to sell more U.S.-made goods and services abroad, which is critically important to both competing in the global marketplace and long-term job creation here at home. Their passage will create 250,000 U.S. jobs and offer \$13 billion in new sales opportunities for our manufacturers, farmers and service providers.

In the past, the United States has opened new markets to trade for an economic boost. Between 1995 and 2007, nine trade agreements passed, and exports doubled. It is no coincidence that we have a trade surplus with our FTA partners.

These deals also bolster national security and strengthen alliances like ours with South Korea, which offers a base to thousands of U.S. service-members to project our influence in a vital region. These partnerships help keep hostile regimes in check and remind countries like North Korea, Venezuela and China that our reach is global.

Supporting trade is even easier with the knowledge that failure to keep pace with China, the European Union and Canada costs us market share and jobs. We can't sit on the sidelines when 95 percent of the consumers of U.S. goods and services live outside the United States. In the first month of the EU-South Korea FTA, the European Union increased its exports there by 17 percent.

The U.S. economy does not operate in a vacuum. Our businesses must be given a chance to compete on a level playing field.



## OPPOSE

### Rep. Mike Michaud, D-Maine

■ Michaud is chairman of the House Trade Working Group.

Trade always has been and will continue to be a pillar of American ideals and commerce, and I strongly support it. What I don't support is pursuing the same trade policy without analyzing how we can make it work better so that it improves our economy.

We need to increase trade, but we must do so in a way that benefits U.S. workers and businesses by providing them a level international playing field on which to compete. Unfortunately, Congress just passed three

more free-trade agreements – with Colombia, Panama and South Korea – that don't measure up.

Take the Korea deal. Proponents say the agreement is key to increasing U.S. exports. What they don't say is that it increases South Korean imports too, expanding our trade deficit by hundreds of millions of dollars each year and costing 159,000 U.S. jobs. And they can't say the deal prevents underpriced Chinese goods from being shipped through South Korea and dumped in our markets.

In its push to pass the trade deal, the Obama administration didn't tell the American people that the Treasury Department included South Korea in its report on currency manipulation issued last year. I can understand why it wouldn't want to highlight this fact, because the trade agreement does nothing to stop the manipulation.

Mainers I represent are tired of getting pink slips due to unfair foreign competition. It's long past time our country strictly enforces the trade agreements on the books and seeks passage of more balanced deals that benefit our workers and businesses, not just giant multinationals. The administration has a chance to do this in new trade talks with Asian-Pacific nations, and I hope it takes advantage.

## CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

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## The mystery of celiac disease

Five times more people have celiac disease today than in the 1950s, and experts are trying to understand why.

Celiac disease is a debilitating condition of the small intestine caused by a harmful immune reaction to a protein found in wheat, rye and barley. Individuals may suffer bloating, vomiting, diarrhea and other intestinal symptoms. One theory about the increase in celiac cases is underdeveloped immune systems – in other words, we live in a society that's *too* clean. The increase could also be traced to grains that contain more gluten, the offending protein, than they did 70 years ago.

People who suspect they have celiac disease can be screened with a simple blood test. The only treatment is a gluten-free diet.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

# Weight, weight, don't tell me

BY DEBRA GORDON

About six in 10 U.S. adults are overweight, putting them at risk of serious health problems, including heart disease, high blood pressure, stroke, type 2 diabetes, obstructive sleep apnea and certain cancers.

One way to know if you're overweight or obese is to calculate your BMI, or body mass index. It indicates whether you are in the healthy, overweight or obese weight range. Use an online BMI calculator, or do the math yourself: multiply your current weight in pounds by 703, then divide that answer by your height in inches, then divide that answer by your height in inches again. A BMI of 18.5 to 24.9 is considered healthy, between 25 and 29.9 is overweight, and 30 and over is obese.

Another measure is waist size, because the fat that settles around your abdomen is metabolically active fat, releasing a slew of inflammatory chemicals that contribute to everything from diabetes to heart disease. Men should aim for a waist circumference of less than 40 inches, and women less than 35 inches.

Beyond the long-term health problems, obesity makes every day more challenging. Last year, an *Annals of Internal Medicine* survey found that older adults who are obese are more likely to report problems with daily activities like bathing, dressing and going to the bathroom.

Losing just 5 to 10 percent of your weight (i.e., 10 to 20 pounds if you weigh 200) can delay or even prevent health problems. One federally funded study found that losing this amount of weight and increasing physical activity to 30 minutes a day, five days a week, reduces the risk of developing diabetes by 71 percent among those 60 and older.

No matter how old you are, losing weight is never easy. But the slowing metabolism of age makes it more difficult. If you eat and exercise the same way you did in your 30s, you'll only gain weight. You need to step it up.

### ON THE DIET SIDE

**Educate yourself about nutrition and healthy eating.** You could hire a nutritionist (visit [www.eatright.org](http://www.eatright.org)) to find

See **WEIGHT** on page 15



Media Bakery

# COPD?

Find out if ADVAIR® can help you breathe better and take center stage in your own life.



ADVAIR helps improve your lung function so you breathe better.\* That way, you may be able to take more of a leading role in your own life. Unlike most COPD medications, ADVAIR contains both an anti-inflammatory<sup>†</sup> and a long-acting bronchodilator working together. ADVAIR is not for, and should not be used to treat, sudden, severe symptoms of COPD. It won't replace a rescue inhaler. Ask your doctor about ADVAIR.

**To get your first full prescription free and to save on refills,<sup>‡</sup> visit [ADVAIR.com](http://ADVAIR.com) or call 1-800-520-4197.**

ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both.

You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.

## IMPORTANT SAFETY INFORMATION ABOUT ADVAIR DISKUS 250/50 FOR COPD:

- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure.
- Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain long-acting beta<sub>2</sub>-agonists for any reason. Tell your doctor about medicines you take and about all of your medical conditions.
- ADVAIR can cause serious side effects, including:
  - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; or breathing problems
  - **sudden breathing problems immediately after inhaling your medicine**
  - **effects on heart:** increased blood pressure, a fast and irregular heartbeat, chest pain
  - **effects on nervous system:** tremor, nervousness
  - **reduced adrenal function (may result in loss of energy)**
  - **changes in blood (sugar, potassium, certain types of white blood cells)**
  - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening
- of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis)
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase in mucus (sputum) production, change in mucus color, fever, chills, increased cough, increased breathing problems
- **Common side effects of ADVAIR DISKUS 250/50 for COPD include** thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, and muscle and bone pain.



\*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

<sup>†</sup>It is not known how anti-inflammatories work in COPD.

<sup>‡</sup>Restrictions apply. See [advairCOPD.com](http://advairCOPD.com) for eligibility rules. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on adjacent page.



If you don't have prescription coverage and can't afford your medicines, visit [GSKforYou.com](http://GSKforYou.com) or call 1-866-GSK-FOR-U (1-866-475-3678)

**ADVAIR DISKUS<sup>®</sup> 250/50**  
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)



GlaxoSmithKline

# ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder)

## BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

### What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. People with asthma who take long-acting beta<sub>2</sub>-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
  - breathing problems worsen quickly and
  - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

### What is ADVAIR DISKUS?

• ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).

- Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.

- LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

• ADVAIR DISKUS is used for asthma and COPD as follows:

#### Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

#### COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

### Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.

- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

### What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have seizures
- have diabetes
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

### How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

### Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time

• your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.

- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

### What are the possible side effects with ADVAIR DISKUS?

- ADVAIR DISKUS can cause serious side effects, including:
  - See "What is the most important information I should know about ADVAIR DISKUS?"
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

### Common side effects of ADVAIR DISKUS include:

#### Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

#### COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at [www.advair.com](http://www.advair.com).

## WEIGHT *continued from page 12*

a licensed nutritionist in your area). Local hospitals also often offer healthy eating programs, as do organizations like Weight Watchers and TOPS (Take Pounds Off Sensibly).

**Keep a food journal.** Write down everything you eat for at least a week, when you ate it, and what you were feeling when you ate it. Were you hungry, or just stressed or bored?

### Shop the perimeter of the grocery store.

Stock up on fresh veggies and fruits, single-item protein, and refrigerated items like milk and yogurt rather than frozen dinners. Avoid processed foods and their high sodium, fat and calorie content.

**Plan your meals.** If you sit down every Saturday night and plan your meals for the week, complete with shopping list and recipes, you'll be prepared for hunger pangs while minimizing damage to your hips.

**Order appetizers,** then salad, before an entree at restaurants. You likely won't even need it.

### ON THE EXERCISE SIDE

**Play active video games.** The American Heart Association has given its seal of approval to Nintendo Wii games as options that promote physical activity.

**Turn up the music.** When you work out to music you like, you work at a higher intensity. Dance aerobics, such as Zumba or Jazercise, is also a good option.

**Aim for variety.** Mix it up with a water aerobics class one day, weeding the garden another day, and a bike ride another day.

### IF YOU NEED HELP

If you're extremely overweight, your doctor may suggest weight-loss medications. Most approved

drugs for weight loss should be used for no more than three months. These include benzphetamine, diethylpropion, phendimetrazine, and phentermine, all of which are available as generics. Phentermine is the most commonly used. These drugs mainly work by speeding up your metabolism and reducing your appetite. Side effects include increased pulse rate and blood pressure.

The FDA warns that many weight-loss supplements aggressively marketed as herbal or "all natural" can actually be harmful, and few have been tested in clinical trials. A major clue that you should avoid a supplement? If the claims seem too good to be true (i.e., "Lose 20 Pounds in 2 Weeks!").

Bariatric surgery, in which the surgeon limits the amount of food your stomach can handle, works great for weight loss – with caveats. The surgery should only be performed on those with a BMI of 35 or higher if they have medical conditions such as diabetes, or a BMI of 40 and higher for those without them. Studies find that about half of bariatric patients maintain their weight loss seven years after surgery. Although complications can include vitamin deficiency and heart-related problems, the procedure is considered relatively safe.

*Debra Gordon is a freelance medical writer living in Williamsburg, Va.*



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## A house's 'germiest' rooms

If you think the bathroom is the area of your house with the most germs, think again. WebMD reports that for most people, the "germiest" place in the house is the kitchen – and the worst offender may be the sponge you use to clean dishes.

Research by NSF International found that 77 percent of kitchens surveyed tested positive for coliform, a group of bacteria that is an indicator of fecal contamination. Kitchen sinks and countertops also serve as safe havens for bacteria.

Bathrooms are a close second for germiest room, and toothbrush holders are especially dirty. They collect germs from bacteria "that swirl through the air after the toilet is flushed."

WebMD suggests microwaving kitchen sponges two minutes every night to kill bacteria, or using rags that can be washed in hot water or bleached routinely. Wiping down countertops and sinks with disinfectant cleaners will help. Experts also recommend cleaning toothbrush holders in the dishwasher and closing the toilet lid before flushing.



Media Bakery

## Concierge medicine catches on

Wouldn't it be nice if your doctor were always just a phone call away? Or your medical appointments were leisurely and unrushed, in a "Marcus Welby, M.D." sort of way? A growing number of U.S. patients are willing to pay for that kind of service. Concierge, or boutique, medicine aims to take the stress out of health care for patients and physicians alike.

A primary-care physician in a traditional practice may see upwards of 2,000 patients a year. Concierge doctors typically care for only a few hundred patients, so they have more time to address each one's health needs. In return for more personalized care, patients pay an upfront annual fee – typically \$1,500 to \$2,000 a year. Patients may also have access to after-hours health care, same-day or next-day visits, house calls, and even the doctor's cell-phone number.

Some in the medical community are concerned about the ethics of this model, asking if it's fair for those who can afford it to have greater access to a doctor's care. For now, the trend is small; estimates of the number of U.S. doctors practicing concierge medicine range from 800 to 6,000.

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# Guard has seat among the Joint Chiefs

BY TOM PHILPOTT

*“This is not about elevating the National Guard. This is about providing the president of the United States and secretary of defense the kind of advice, counsel and information they have not been able to get, frankly, especially for missions to be done in the homeland.”*

Retired Lt. Gen. H. Steven Blum, former chief of the National Guard Bureau, offered these words when Congress voted to elevate his former position as NGB chief to full membership on the Joint Chiefs of Staff.

The House was first to endorse the move, approving it by voice vote in May as part of a block of relatively obscure amendments to the fiscal 2012 defense authorization bill. Senate approval came Nov. 28, again on a voice vote, this time for a stand-alone amendment from Sen. Patrick Leahy, D-Vt., to the Senate defense bill.

In mid-December, a House-Senate conference committee also agreed to redesignate the position of joint staff director of the National Guard Bureau as the bureau's vice chief.

However, all six current members of the Joint Chiefs – its chairman, vice chairman and four service branch chiefs – opposed adding the NGB chief to the JCS, testifying in November before the Senate Armed Services Committee that they see no military justification for the change.

Army Gen. Martin E. Dempsey, JCS chairman, noted that the current NGB chief, Gen. Craig R. McKinley, already takes advantage of a standing invitation to attend every JCS meeting. He said that active and reserve component forces are indistinguishable on the battlefield, in part because service chiefs of the Army and Air Force “are the single voice for their respective branches.” Adding the bureau chief to the JCS could “undermine this unity of effort.”

The bump in power and prestige, however, is popular with state governors, 468,000 Guard members and many politicians. Leahy's amendment had 70 co-sponsors when the Senate voted.

“I really think the momentum for this started with Katrina,” said retired Maj. Gen. Gus L. Hargett Jr., president of the National Guard

Association of the United States. Within five days of the hurricane hitting the Gulf Coast in 2005, more than 50,000 Guard troops deployed to respond. Yet President Bush still ordered 5,000 troops from the 82nd Airborne Division to New Orleans, creating dual chains of command and upsetting Guard leaders.

In a phone interview, Blum declined to criticize Bush's decision but acknowledged it caused command challenges.

“I had my spigot wide open to throw anything and everything that the Guard could in there to save American lives. If the president and the secretary of defense wanted to open another spigot that would bring in reinforcements and capabilities additional to that – that

would save more lives or reduce the time Americans suffered – who could argue against that?” Blum said. But Katrina “really brought to light” the importance of Guard representation on the JCS.

Proponents reminded senators that the Joint Chiefs also resisted accepting the Marine Corps commandant in 1978, along with the passage of the Goldwater-Nichols Act in 1986 (which required the services to operate jointly) and the activation of the U.S. Special Operations Command in 1987.

“So they are not always right,” Hargett said. “And they are very protective of their turf.”

Some prominent senators also opposed adding the NGB chief to the JCS. Sen. James Webb, D-Va., said, “Anyone who says citizen-soldiers are not at the table right now is being unnecessarily divisive (and) unfair to the stewardship and leadership of the Army and the Air Force.”

The expansion, he said, “is unnecessary.”

*Tom Philpott, a former Coast Guardsman, has written about veterans and military personnel for more than 30 years.*



*Retired Lt. Gen. H. Steven Blum, former chief of the National Guard Bureau, supports full Guard representation on the Joint Chiefs of Staff. DOD*

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# Friend *of the* COURT

*Legion's amicus curiae briefs center on values, veterans, Scouts and imposters. Recent rulings lean favorable.*

BY MARK SEAVEY

The American Legion is well recognized for its influence on Capitol Hill. Through the decades, Legionnaire lobbyists have helped preserve veterans benefits in times of fiscal crisis, and pushed lawmakers, as well as the White House, to ensure that former military personnel and their families receive services and opportunities worthy of their sacrifices. The Legion has marched boldly into battle for such values as flag protection, a well-funded military and relief for the caregivers of severely wounded veterans.

Less well-known than the Legion's accomplishments in the legislative and executive branches of government is its role in the judicial branch. Through the filing of *amicus curiae* – friend of the court – briefs, The American Legion weighs in on cases central to the organization's resolutions and values. In recent years, the Legion has filed friend-of-the-court briefs on cases related to such issues as freedom of religion, military recruiting practices, Boy Scouts of America and the integrity of military medals.

"Through filing these briefs in federal courts, we are able to express how important these issues are to veterans," American Legion National Judge Advocate Philip B. Onderdonk says. "We have a solid team of attorneys across the country who respect The American Legion and veterans enough to want to write amicus briefs on our behalf."

The following pages spotlight some of the more recent cases, the Legion's *amicus curiae*, and how the courts have ruled.



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## Rumsfeld v. FAIR | U.S. Supreme Court (2005)

### Military Recruiting at Public Universities

Under a law known as the Solomon Amendment, the federal government could withhold funding from public universities refusing access to military recruiters. Many universities had done so on the basis of the military's policy excluding open homosexuals from service. Law schools in particular excluded recruiters from on-campus events, viewing the policy as discriminatory.

**The Legion's amicus:** The military's ability to recruit highly qualified officers, including judge advocates, from diverse backgrounds is inextricably bound with its ability to provide a strong, competent military, able to protect the national security of the United States. Effective officer recruiting depends on equal access to the men and women of our colleges and universities.

The civilian-military gap has widened at many colleges and universities since the time of the Vietnam War. However, some modern-day academics continue to understand the value of training citizen-soldiers, including as a means to counter an objectionable law or policy. The co-chair of Columbia University's Task Force on ROTC, for example, said in support of an ultimately unsuccessful resolution to re-establish the ROTC on campus that the "most powerful agent of change we can provide is Columbia-educated leaders for the military .... You cannot effect change without engaging an issue. Universities are vital when they educate and irrelevant when they boycott."

**How the court ruled:** The court unanimously agreed with the Legion's position. In an opinion authored by Chief Justice John Roberts, the government could deny federal funds to schools that do not permit military recruitment. Through the "raise and support Armies" clause of the Constitution, Congress could require including recruiters in on-campus events without violating First Amendment rights of free speech and association. Justice Roberts wrote that "a military recruiter's mere presence on campus does not violate a law school's right to associate, regardless of how repugnant the law school considers the recruiters' message."

## Elk Grove School District v. Newdow | U.S. Supreme Court (2004)

### Constitutionality of "Under God" in the Pledge of Allegiance

The phrase "under God" was incorporated into the Pledge of Allegiance on Flag Day, June 14, 1954, following the passage of legislation signed by President Dwight D. Eisenhower. Nearly a half-century later, Michael Newdow, the atheist father of a student in the Elk Grove School District in California, filed suit in federal court alleging that even voluntary recitation of the Pledge violated the First Amendment's preclusion of endorsement of religion by the state. The Ninth Circuit agreed, and the case was appealed to the Supreme Court.

**The Legion's amicus:** The conclusion that the school district's policy impermissibly coerces a religious act is founded upon the erroneous premise that the Pledge of Allegiance is the equivalent of a prayer. But the pledge is not a prayer. Its recitation is no more a religious act than such other acknowledgments of this country's religious heritage as the national motto ("In God We Trust"), the references to the Creator in the Declaration of Independence, or references to God in "The Star-Spangled Banner."

The Pledge of Allegiance has the secular purpose of promoting patriotism. Even with the words "under God," it is not an endorsement of religion. To the contrary, it has been characterized by the Court as consistent with the establishment clause. Nor does the school district's policy of voluntary pledge recitation in classrooms lead to excessive government entanglement with religion.

**How the court ruled:** The Supreme Court dismissed the case on the issue of "standing," since as a noncustodial parent, Newdow was not entitled to file suit on behalf of his daughter. A later lawsuit – *Newdow v. Carey* in the Ninth Circuit – held that teacher-led recitation of the Pledge of Allegiance by students in public schools was constitutionally permissible.



## San Diegans for the Mount Soledad National War Memorial v. Paulson

| U.S. Supreme Court (2006)

### Constitutionality of a Latin Cross as War Memorial

First built in 1913, and rebuilt twice, the Mount Soledad cross is a 29-foot-tall Latin cross that towers over San Diego. Though it is designated as a national war memorial, the cross has been the focus of legal controversy, with various litigants arguing that its presence on federal land violates the First Amendment of the U.S. Constitution and the "no-preference clause" of the California Constitution by demonstrating preference to a specific religion.

**The Legion's amicus:** The Mount Soledad cross has stood as a veterans memorial for more than 50 years. Today, the memorial is accompanied by more than 1,600 plaques bearing names, messages and etched images of veterans. A U.S. flag stands at the memorial, paying tribute to the cause of freedom. Brick pavers bear additional messages honoring veterans and supporters of Mount Soledad. This collection of messages honoring our nation's heroes, accompanied by the memorial cross, sends a diverse message of appreciation for the gallantry and patriotism of those who gave their lives for the rest of us. Veterans throughout the nation's history have sacrificed their lives for something greater than themselves. The Mount Soledad Veterans Memorial honors that sacrifice.

**How the court ruled:** The case continues. In *Paulson*, even though the Supreme Court stayed the order of the Ninth Circuit to move or destroy the memorial, a subsequent hearing by the Circuit Court once again held that it violated the establishment clause, and refused hearing by the full Ninth Circuit. It is expected that the case will once again reach the Supreme Court, where it will be heard in full on the merits of the constitutional question. However, in a similar case dealing with a veterans memorial cross in the Mojave Desert, the Supreme Court ruled that a transfer of the cross and the land was permissible.



Sandy Huffaker Jr.

## Henderson v. Shinseki | U.S. Supreme Court (2010-2011)

### Post-Traumatic Stress and VA Appeals Deadlines

When Korean War veteran David Henderson missed a 120-day deadline to appeal a decision by VA's Board of Veterans Appeals, he was told that his case would not proceed. His representatives admitted that the deadline had passed, but pointed out that he was appealing a case involving mental health conditions, including PTS, which caused him to miss the deadline.

**The Legion's amicus:** Veterans diagnosed with post-traumatic stress often suffer significant impairment in their ability to perform at their jobs and in social settings. As VA has explained, the condition can substantially disrupt the lives of veterans, "making it hard to continue with ... daily activities." Hence, it comes as no surprise that some veterans fail to file appeals of final agency decisions by the Board of Veterans Appeals in a timely fashion, given their "diminished responsiveness to the external world." In clinical terms, this is described as "psychic numbing" or "emotional anesthesia." Indeed, veterans seeking benefits for service-related disabilities may be especially averse to pursuing an appeal if denied assistance, "to avoid situations ... that trigger memories of the traumatic event (and) avoid talking or thinking about the event."

Hundreds of thousands of veterans return from service bearing the emotional and psychological scars of their combat experiences. Unless

the Court overturns the federal circuit's unbending ruling, those veterans with the most debilitating service-related disabilities will be at greatest risk of losing judicial review of a denial of their federal benefits.

**How the court ruled:** The Supreme Court agreed with The American Legion, and noted that "provisions for benefits to members of the Armed Services are to be construed in the beneficiaries' favor." The 120-day deadline was thus ruled an important procedural guideline, but not so rigid as to be followed in all cases, regardless of any mitigating circumstances.

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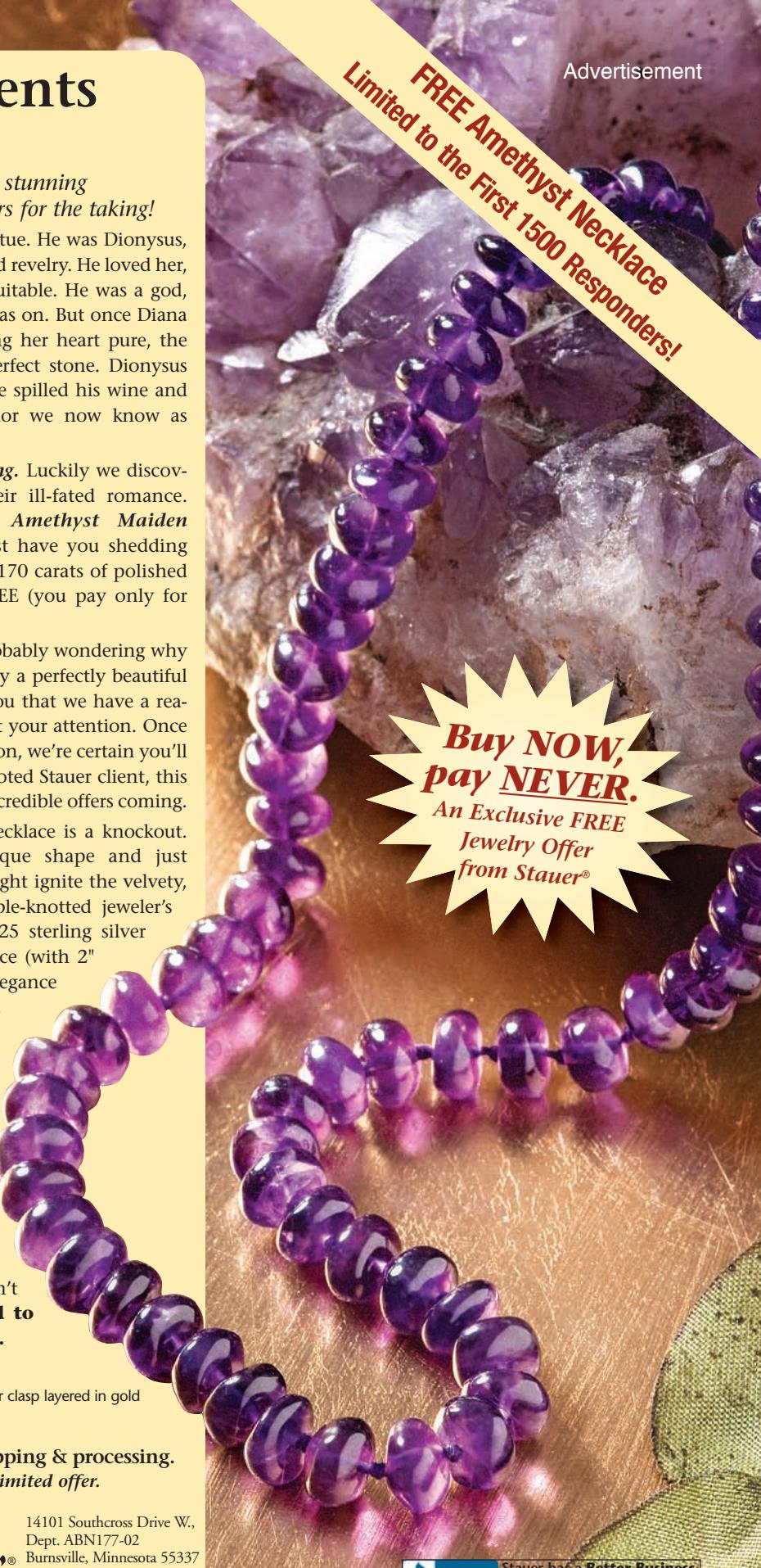
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## Winkler v. Rumsfeld | U.S. Court of Appeals, Seventh Circuit (2007)

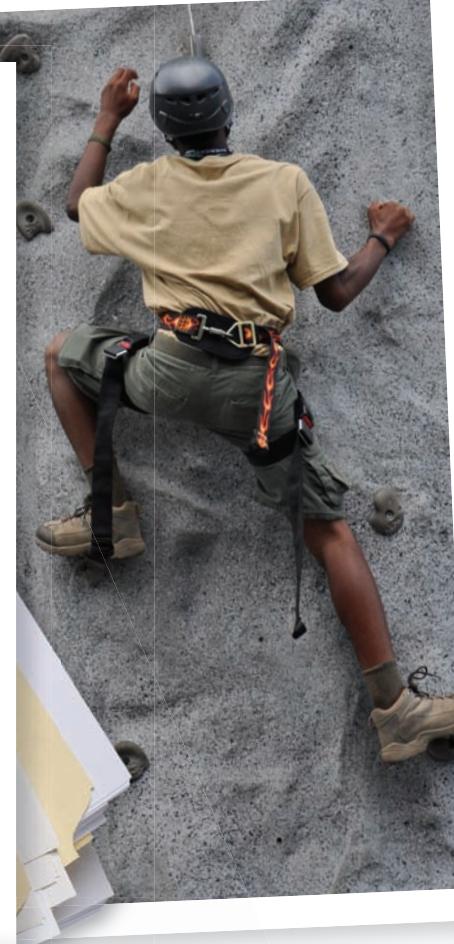
### DoD Involvement in the National Scout Jamboree

American Legion posts sponsor more than 2,500 Scouting units across the country. The relationship between the two organizations extends back to 1919, when support for the Boy Scouts was among the first resolutions passed by The American Legion. When the Scouts were sued for not allowing an openly gay man to serve as a leader and the Scout Oath was questioned because it references God, the Legion argued that with the right to associate freely came the right to not associate with those who do not ascribe to the religious basis for the group. In *Winkler*, the Supreme Court was tasked with deciding whether this religious basis for Scouting, and DoD participation in the National Scout Jamboree at Fort A.P. Hill, violated the constitutional imperative that "Congress shall make no law respecting the establishment of religion, or prohibiting the free exercise thereof."

**The Legion's amicus:** The case presents a grave challenge to any voluntary organization. It is a case about the freedom of association, masquerading as a case about the establishment of religion. For if the acknowledgment of God is deemed sufficient to adjudicate the Boy Scouts ineligible for nonreligious support from the military, consistent with the military's own recruitment, public relations and training goals, then any number of other voluntary organizations with theistic roots will be equally affected. If allowed to stand, the decision of the district court would greatly limit the fundamental liberty of a voluntary organization to endorse traditional American values without suffering a governmental penalty because of its viewpoint. Thus, this case is, in the end, about the core American virtues of freedom to speak and freedom to associate – the very freedoms that Legion members fought to preserve through their wartime service.

The bulk of the message sent by the military's presence at the National Scout Jamboree is about the military's own public relations and recruitment interests. Any even implicit endorsement of the Boy Scouts would necessarily and primarily be understood to endorse the civic and patriotic aspects of the organization. Given the multiple attenuated steps between authorizing (though not requiring) support for the jamboree, finding implied support of the limited religious component of the Boy Scouts' principles, and any actual effect of promoting religion, such effect would certainly not be the primary effect of DoD's activities.

**How the court ruled:** The U.S. Court of Appeals determined in April 2007 that the Rev. Eugene Winkler had no legal standing to bring the suit in the first place, thus ending it and affirming that the military may assist future jamborees, including providing campsites at Fort A.P. Hill. Although the court did not address the broader implications of the constitutional question, the Boy Scouts announced shortly after the ruling that it intended to choose a new site for national jamborees.



Photos by James V. Carroll

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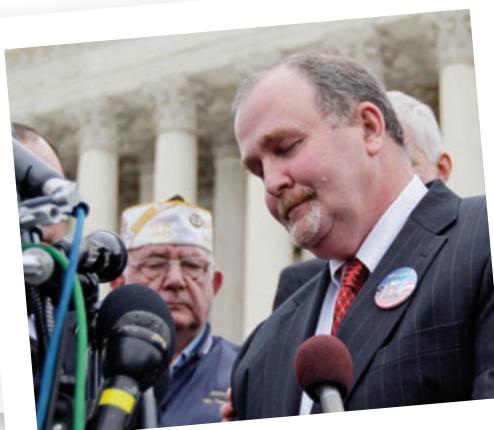
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## Snyder v. Phelps | U.S. Supreme Court (2011)

### Funeral Protests and Tort Law

The Westboro Baptist Church of Topeka, Kan., believes that God has damned the United States for its acceptance of homosexuality. In an effort to convey its message in a manner meant to inflame debate, church members appear at funerals for fallen military personnel and other high-profile figures, and display signs bearing such slogans as "God Hates Fags" and "Thank God for Dead Soldiers!" Albert Snyder was the father of Marine Lance Cpl. Matthew Snyder, who was killed in 2006 while serving in Iraq. After the Westboro Baptist Church protested at his son's funeral in Westminster, Md., Snyder filed a civil lawsuit on the grounds of intentional infliction of emotional distress, a state tort. A lower court ruled in favor of the father and awarded \$10.9 million in damages. However, that ruling was overturned at the circuit court level. The Supreme Court took the case to decide if state civil remedies were available for Snyder, and whether or not those remedies violated the First Amendment.

**The Legion's amicus:** Funerals are at least as sensitive and historically sacrosanct as homes and hospitals. As the Court has recognized, "burial rites and their counterparts have been



AP photo

respected in almost all civilizations from time immemorial," long before the First Amendment.

By the reasoning of the Fourth Circuit, these laws – and similar regulation of funeral picketing under state tort law – are unconstitutional. But as this Court has recognized, highly targeted picketing is not pure speech. And it is of no moment that the restrictions at issue are imposed by tort law rather than by ordinance.

**How the court ruled:** The Supreme Court held by an 8-1 margin that Snyder was not entitled to a civil award, holding that the First Amendment protects from tort liability those who stage peaceful protests on matters of public concern near the funerals of military personnel. Justice Samuel Alito dissented and agreed with The American Legion.

## United States v. Alvarez | U.S. Supreme Court (2012)

### Constitutionality of the Stolen Valor Act

Falsely claiming to have earned military medals is nearly as old as military medals themselves. In an effort to curb the rampant fraud known as "stolen valor," Congress passed a law in 2005 to address the unauthorized wearing, manufacture or sale of any military decorations and medals. Xavier Alvarez, a member of a California water board, claimed in a public hearing, "I'm a retired Marine of 25 years. I retired in the year 2001. Back in 1987, I was awarded the Congressional Medal of Honor. I got wounded many times by the same guy." Alvarez had, in fact, never served in the U.S. Armed Forces and was charged under the Stolen Valor Act (SVA). The question before the Supreme Court is whether or not the SVA violates the First Amendment.

**The Legion's amicus:** That these lies are punishable is entirely appropriate. Persons who fraudulently claim military medals steal from a centuries-old store of goodwill built by the sacrifice of America's soldiers. When they lie, imposters reap substantial benefits, including increased social and political standing, honor and even financial rewards. For those who have received military honors, as well as for the families of those who paid the ultimate price for freedom, the effect of such fraudulent claims is devastating.

The First Amendment does not bar the United States from punishing imposters who lie about receiving military medals. This Court has repeatedly stated that false statements of fact, standing alone, deserve no First Amendment protection. Lies about receiving military medals fit squarely within the category of unprotected speech, and have been subject to censure since the founding moments of our nation. None other than George Washington warned, "Should any who are not entitled to the honors have the insolence to assume the badges of them, they shall be severely punished."

**How the court ruled:** The Supreme Court will hear this case in 2012 on appeal from the Ninth Circuit, which held that the Stolen Valor Act violates the Constitution.

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# The Wereth Eleven



*Award-winning film tells the forgotten story of black soldiers brutally murdered during the Battle of the Bulge.*

BY LAURA EDWARDS

A docudrama about 11 black U.S. soldiers who were tortured and killed during the Battle of the Bulge is still attracting attention, nearly a year after winning the Founder's Choice Award at the 2011 GI Film Festival in Washington. The festival receives promotional support from The American Legion.

"The Wereth Eleven" tells a story that's been largely forgotten, except for the soldiers' families and citizens of the Belgian town where the murders took place. The all-black 333rd Field Artillery Battalion landed at Utah Beach on June 29, 1944. When the Germans began shelling the village of Schönberg, Belgium, on Dec. 16, the unit was overrun. Those who weren't killed were forced to surrender, with most ending up in prison camps for the remainder of the war. A truck full of soldiers from the 333rd managed to evacuate, but eventually it was stopped by German forces, and its passengers taken prisoner. Strafing gunfire by U.S. planes allowed some of the soldiers to slip away, and they met other escapees in the woods.

The Wereth 11 walked 10 miles through heavy snow to the hamlet of Wereth, in a part of

Belgium that had belonged to Germany until World War I. The soldiers stopped at the first of nine houses, where a farmer took them in. Unable to speak English, he couldn't tell them how to get to safety. Meanwhile, a Nazi sympathizer alerted the head of an SS division, and within hours, German officers were at the door. The 11 soldiers surrendered and were marched down the road, where they were maimed, killed and mutilated. Their bodies were left undisturbed in a ditch for weeks, until the people of Wereth found them and directed the U.S. military to the site. Seven of the men were laid to rest in the Henri-Chapelle American Cemetery in Belgium, and four were returned to their families for burial.

*In "The Wereth Eleven," real U.S. servicemembers portray the soldiers of the 333rd Field Artillery Battalion, and German re-enactors play the parts of SS officers.*

Photos courtesy Janson Media

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The same German division that captured the Wereth 11 committed other atrocities, but the incident was left off the final list of war crimes for reasons not entirely clear even today. But local residents – including Herman Langer, whose father, Mathius, sheltered the Wereth 11 – haven't forgotten. In 2004, they dedicated the U.S. Wereth Memorial, believed to be the only memorial to black GIs of World War II in Europe.

The tale of the Wereth 11 has long captured the imagination of Joseph Small, who served as the film's executive producer. "I was really moved and saddened by this story," he says. "I thought that the men's dignity was taken from them, and that really bothered me. I set out on a mission to make sure the citizens of America and Europe knew what happened to those 11 men, and to make sure they knew the contribution of the 333rd Field Artillery Battalion during World War II."

Small's collaborators were writer/director Rob Child and editor Frederic Lumiere, who directed and produced the History Channel miniseries "WWII in HD." He shot the film in Belgium and Maryland, and calls it "the best experience of my life. Everything fell into place – permission from the landowner in Belgium to film there, as well as the local mayor. Every piece of equipment we needed or desired for authenticity, we got. The Army commanders in Germany were a tremendous help and gave the story legitimacy. The Belgians were wonderful, and we remain close friends."

In Maryland, the young men portraying the 11 soldiers worked three days in 100-degree heat without complaint, lying still in uniforms made of wool. "I tried to call the shoot three times, but they waved me off and said they were fine, out of respect and honor to the soldiers," Small says.



*Joseph Small, executive producer of "The Wereth Eleven," marches in period military gear to get a better sense of what soldiers experienced during World War II.* Photo courtesy Janson Media

#### LEARN MORE ABOUT "THE WERETH ELEVEN"

 [wereth11.com](http://wereth11.com)

Child says he was determined to give "The Wereth Eleven" the feeling of a large-scale production, despite its less-than-large-scale budget. Through computer-generated effects and clever editing, Child succeeded in using "a limited number of actors to create huge scenes." And it wasn't just the actors who had to be manipulated. "We filmed from May to July, and it had to look like December," Child adds. The film has a blue-gray tint to convey the battle's cold weather.

The film weaves together scenes of Small and two descendants of the 333rd soldiers at the site of the massacre, along with re-enactments and comments from George Shomo, a staff sergeant in the 333rd and a POW. The actors portraying the Wereth 11 are members of the U.S. military stationed in Germany. Child says the story "had a great impact on their performances. They felt like they were representing African-American history. Every take, they gave it their all."

Lumiere says the bluescreen and post-production editing process "is almost like a video game. It reminded me of playing with those little green GIs when I was a kid." An extra feature on the film's DVD, "The Wereth 11 Exposed," shows how all the film's elements, real and computer-generated, came together. "All the rules of great storytelling apply," even with great production, he adds. Lumiere attended a screening of the film in Wereth, and says it got an "incredible reception. There's a true love and true appreciation for Americans there ... it's still very much alive today."

In addition to receiving the GI Film Festival's Founder's Award, "The Wereth Eleven" and its editor received a nomination in the Outstanding Editing-Television category of the 2011 Hollywood Post Alliance Awards. As for Small, he's finished a new film, "The Franklin – Honor Restored," and is an executive producer of the coming World War II feature film "No Better Place to Die."

Of the Wereth 11, he says, "I wanted to honor these men by showing just how skilled they were, and simply portray them as 11 American soldiers who belonged to the 333rd Field Artillery Battalion, which fought with distinction, honor and incredible bravery since the day they landed on Utah Beach." 

*Laura Edwards is assistant editor of The American Legion Magazine.*

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# BLESSED...TRULY BLESSED

*D-Day veteran reconciles his military experiences by volunteering on behalf of veterans who have passed.*

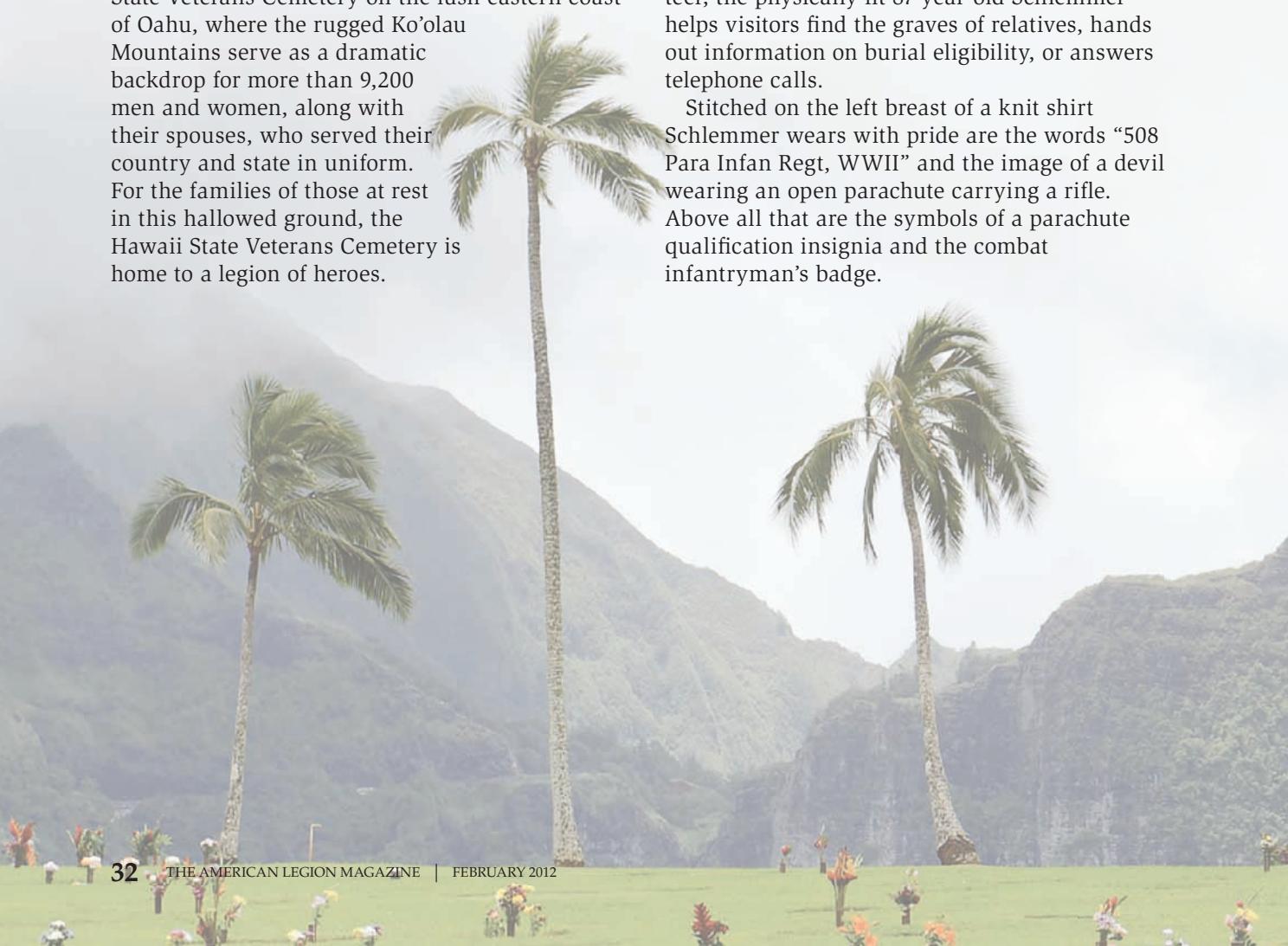
STORY AND PHOTOS BY FLOYD K. TAKEUCHI

**A**n Army bugler's playing of Taps echoes across the green hills. A sergeant in dress uniform stands at attention, repeating the time-honored tradition of remembering a fallen comrade. A carefully folded U.S. flag is presented to a teary-eyed widow, and words of condolence from a grateful nation are expressed for Sgt. 1st Class Walter L. Takamori, U.S. Army, retired, a disabled veteran who received the Silver Star and Bronze Star in the Vietnam War.

The ceremony is one of many at the Hawaii State Veterans Cemetery on the lush eastern coast of Oahu, where the rugged Ko'olau Mountains serve as a dramatic backdrop for more than 9,200 men and women, along with their spouses, who served their country and state in uniform. For the families of those at rest in this hallowed ground, the Hawaii State Veterans Cemetery is home to a legion of heroes.

Many who visit the cemetery in the quiet community of Kaneohe don't realize that their likely first point of contact also has heroism in his veins. D. Zane Schlemmer would decline such a characterization, of course, because survivors of the Normandy invasion during World War II will tell you that heroes can only be found beneath the grave markers. He'll dismiss any accolades and go about his business, moving quickly and precisely around the cemetery's administrative office. As the office's staff volunteer, the physically fit 87-year-old Schlemmer helps visitors find the graves of relatives, hands out information on burial eligibility, or answers telephone calls.

Stitched on the left breast of a knit shirt Schlemmer wears with pride are the words "508 Para Infan Regt, WWII" and the image of a devil wearing an open parachute carrying a rifle. Above all that are the symbols of a parachute qualification insignia and the combat infantryman's badge.



**WWII. 82nd Airborne Division. CIB.** These are code words for Operation Overlord, D-Day, June 6, 1944. And for Operation Market Garden, the less successful jump into the Netherlands three months after D-Day. And for the Battle of the Bulge and the 82nd Airborne's bloody defense of Bastogne in December 1944.

Tech. Sgt. Schlemmer participated in all three operations. An advanced observer for an 81mm mortar squad, he was badly wounded in Normandy, France, on July 3, 1944, nearly a month

after parachuting behind enemy lines. Being an advanced observer meant that Schlemmer was out front, and that's where he ran into friendly fire that rained down on the position just hit instead of opening up on the next hedgerow. He and four others were where they were supposed to be; the incoming U.S. shells were not. Later, during the Battle of the Bulge, he was wounded in the knee.

When Schlemmer and the rest of the 508th PIR jumped on D-Day, the unit had a complement of 2,056 troopers. When it was pulled out of France

*"I was so bitter by that time for being recalled that I wanted absolutely nothing to do with the military. I mean, I was bitter about it for 30 years. And then I suddenly realized, 'Hell, it's history, there's nothing I can do about it.'"*

**ZANE SCHLEMMER,**  
on his recall to active duty during the Korean War



Schlemmer wasn't yet 20 when he began serving in the 508th Parachute Infantry Regiment.

on July 13, 1944, the regiment had 918 men who weren't killed, wounded, captured or missing.

No one would complain if, after seeing that much combat, Schlemmer felt that he'd done his duty. He has the scars and a 20-percent service-connected disability rating to prove it. But that's not him, and his story didn't end when peace came in 1945. Still, his is not the story you might expect from a D-Day veteran.

I'm visiting with Schlemmer in his studio apartment on the shore of Kaneohe Bay. He's got a million-dollar view of the Pacific Ocean from his room, situated above a garage. The place is immaculate. Not a paper out of place. The bed has a yellow coverlet that's drum-tight, with hospital corners tucked in neatly, the way Schlemmer was taught in the Army. I notice that the doors to his closet are open, and inside, each neatly pressed shirt is on a hanger. His is an apartment ready for inspection.

His closet also doubles as a shrine to Schlemmer's days as a paratrooper. On the floor are two pairs of jump boots buffed to a mirror-like shine, their brown leather creased and worn in places. The boots are in such pristine condition, they look as if time has forgotten them.

Schlemmer remembers the way they felt on D-Day, his first combat jump, when the twin Wright Cyclone engines of a Douglas C-53 Skytrooper droned as shrapnel from German anti-aircraft rounds peppered the aircraft's fuselage. He remembers the thick clouds and heavy skies that forced the planes to divert from their paths, forced to scatter paratroopers miles from their designated drop zones. He remembers being the last man in his stick, making sure everyone exited ahead of him, no more than 400 feet above the ground.

The memories are still vivid. He can reel off dates, places and details without effort. And although his hair has gone gray and his trim



5-foot-6-inch frame is slightly stooped, his weight has not changed since World War II, and he still fits comfortably into his old Army uniform.

He stands up and points to his rear end. "The paratroops love little people because that meant they could put more stuff on us when we parachuted, more weight," he explains. "My nickname in the service was, 'No Ass At All.' And it became my radio and telephone name, too. I became known as 'No Ass At All.'"

A child of the Depression, Schlemmer is convinced his parents couldn't afford to feed the family much, thus contributing to his slim frame. His hopes for college were interrupted by a draft notice in 1942. His two brothers also served, one

in the Air Force and the other in the Navy. Once Schlemmer knew he was headed into the Army, the snappy uniform, shiny jump boots and an extra \$50 a month for hazard pay made volunteering for the paratroops an easy decision.

Two combat jumps within three months, and holding off a determined enemy backed by tanks in Belgium three months later, took their toll on him. When the war ended, like so many other returning veterans, he left the Army and returned to college. It wasn't long before he had a degree, and a job in finance for a large company. A wife and a growing family completed the picture. He decided to stay in the U.S. Army Reserve but was sure that his active service days were over.

The Korean War changed all that. In 1950, Schlemmer, to his shock and dismay, was called back to duty. The mobilization disrupted his family and career. At the time, he was comptroller for a Motorola unit that made electronic components for the nuclear-weapons testing program. He spent the next year stateside serving in an ordnance division, not exactly happy about the detour his life had taken.

"I was so bitter by that time for being recalled that I wanted absolutely nothing to do with the

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Decades later, Schlemmer can still wear his jump jacket, and he keeps two pairs of jump boots polished and ready for inspection. Schlemmer wore his uniform during Normandy D-Day anniversary ceremonies last June. Photo by Jeff Stoffer

military," Schlemmer recalls. "I mean, I was bitter about it for 30 years. And then I suddenly realized, 'Hell, it's history, there's nothing I can do about it.'"

That's about when the 30th anniversary of D-Day was approaching in 1974, and he decided to return to Normandy. He found the apple orchard where he landed. He met several French villagers who were there when the 508th liberated the town of Picauville. They welcomed him with open arms and took him into their homes.

"Going back was the release for me," Schlemmer says. In the process, he felt a new sense of pride for what he and his fellow soldiers had accomplished in 1944. That trip marked the beginning of a strong bond between Schlemmer and the people of Picauville, and with himself and his memories of service to his country.

Picauville has responded in kind. In 1977, residents placed a marker near the apple orchard where he landed, and renamed a street Rue Zane Schlemmer. Pierre Cotelle, a Picauville farmer, calls his collection of World War II memorabilia Museum Zane Schlemmer. And in 2009, Schlemmer received the Legion of Honor with the rank of chevalier from French President Nicolas Sarkozy for his role in liberating France. On that trip to Normandy, President Obama mentioned him by name in his remarks, and Schlemmer traveled by train to the battlefields with other D-Day veterans. They were accompanied by VA Secretary Eric Shinseki, a retired four-star general who formerly served as U.S. Army chief of staff.

As important as his war experience was, Schlemmer's service to his country in more recent years could be considered just as important.

He and his late wife moved to Hawaii in the early 1970s. He became vice president of a real-estate development company that boomed and then busted. In the process, he lost his home.

Schlemmer's business failure is a reminder that the greatest generation became great because it dealt with adversity with courage and conviction. In his case, in the postwar years, he not only



lost his business and home, but two wives and a daughter. Any of those tragedies could have broken a lesser man. In Schlemmer's case, he looks back on his life and is grateful for all he's had. "I'm blessed," he says. "I'm truly blessed."

He began volunteering for military-related agencies in 2002, as a VA volunteer at Tripler Army Medical Center in Honolulu, on the opposite side of Oahu from his home. When that drive became more costly in 2008 as gasoline prices soared, he began volunteering closer to home, at the Hawaii State Veterans Cemetery only a few minutes away by car. He puts in a full day, five days a week, working with Cemetery Operations Manager Willie Hirokane and Cemetery Operations Assistant Margaret Okabayashi.

At a time when the state of Hawaii is dealing with drastic budget cuts, and for about a year put most workers on regular furlough, Schlemmer's full-time volunteer work is all the more valuable to the state's veterans community. He figures he's logged about 5,000 hours for VA and the cemetery, with more to come.

"I plan to work here as long as I can," he says. ¶

*Floyd K. Takeuchi is a writer and photographer living in Hawaii.*

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In 1927, President Coolidge didn't send the United States Marine Corps into Nicaragua to make friends. The Marines stepped into the Central American country ready for anything they might encounter. That was their job. It always has been and always will be. Perhaps for a moment they were anxious. After all, they were going up against enemy guerrillas who knew the terrain and the value of an ambush. If they were in the jungle, it was easy to get disoriented. It was even easier to get killed.

The U.S. Marines were already legends on the battlefield. Extraordinary victories in the Great War earned them a reputation as fierce warriors. The world knew they were tough. But the Marines still had to prove it with every deployment. Wars were not won by reputation alone. It took courage. Conviction. And firepower. Nicaragua proved to be more than just another successful operation for the Marines; it was the beginning of a legendary partnership. The mission proved that the only thing more dangerous than a United States Marine was a United States Marine wielding a Thompson submachine gun.

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▲ The right side features an illustration of a Marine taking aim with his Thompson. The rest of the action on the right side of the receiver depicts scenes of the Marines in action during the Korean and Vietnam Wars. On the front lines in Korea, the Marine Corps distinguished itself with one of history's most impressive amphibious assaults at Inchon. And though the struggles and harsh conditions in Korea would push every American to the limit, the fighting spirit of the Marines carried on. In Vietnam, decades after the Marines debuted the Thompson in Central America; the firearm once again proved itself a weapon of choice for close-quarter fighting. Though appearances of the Thompson weren't as common, its presence was definitely welcomed in the hands of Marines on patrol or pinned down in a firefight.

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# WHOLE AGAIN

BY KEN OLSEN

*Veteran amputees are among the first to benefit from groundbreaking work in limb transplants.*

Amy C. Elliott

**Chris Pollock pleaded with God to take his life in the minutes after his arms were sucked into a mechanical corn picker. No one responded to his screams for help. His right arm was wrapped around a roller. His left hand hung by a thread.**

The third time Pollock asked God to let him die, a couple who lived near the rural Pennsylvania cornfield came to his aid. Pollock told them how to shut off the tractor and corn picker. He'd left the machines running when he got down to deal with an overflowing corn wagon and decided to throw a few pieces into the picker. A moving chain caught his coat sleeve and pulled his left arm in. His right arm followed as he attempted to free himself.

It took an hour for emergency workers to disassemble the 1950s-era machine and free his mangled limbs. "I never passed out," Pollock says. He maintained consciousness throughout the ordeal, including the helicopter ride to Hershey Medical Center in Hershey, Pa.

It happened on the Friday after Thanksgiving 2008. The following Sunday he awoke in a hospital room, his left arm amputated at the wrist, his right arm gone below the elbow. He was surprised he survived at all. "I still call that a resurrection," he says.

That was not his only miracle. In March, he'll celebrate two successful years with a transplanted arm and two transplanted hands. Thanks to a

University of Pittsburgh medical team whose work – partially supported by the Pentagon – will also help wounded warriors, Pollock can use his new hands to drive a car, pull change from his pocket and tighten his shoelaces.

He remains astonished that such a thing was even possible. "It's that whole idea of them attaching someone else's limbs to you, and they work," says Pollock, 43, who spent 23 years in the National Guard both as a citizen-soldier and a civilian employee.

**Regenerative Medicine.** The first-ever hand transplant took place in Ecuador in 1964. The recipient's body rejected the hand two weeks later, and the procedure was deemed a failure, according to the University of Pittsburgh Medical Center. The next transplant was performed in France in 1998, and the patient was treated with an anti-rejection drug regimen commonly used in organ transplants. Doctors performed the first U.S. transplant in Kentucky that year. More than 40 patients have since received hand transplants, most of which involve heavy doses of anti-rejection medication.

A double-arm transplant, the first of its kind, was performed in Germany in 2008.

Pollock's limb transplants are the work of a team led by Dr. W.P. Andrew Lee, professor and chairman of plastic and reconstructive surgery at Johns Hopkins University School of Medicine, and director of the extremity-injury program for the Armed Forces Institute of Regenerative Medicine (AFIRM)'s Wake Forest-Pittsburgh Consortium. Lee, who moved to Johns Hopkins from the University of Pittsburgh in 2010, has been researching ways to reduce the amount of anti-rejection medication transplant patients need to take for 25 years after the procedure. The medications are expensive and come with harsh side effects.

"As a plastic and reconstructive surgeon with specialized interests in hand surgery, it seemed natural to 'restore whole' patients (who'd had) limb amputations," Lee says. "Prosthetics, even with the latest advances, do not fully replace the multiple tasks of the human hand, including the ability to touch and feel."

That meant trying to reduce or eliminate the need for anti-rejection drugs. "I want to make sure the benefits outweigh the risks," Lee says.

Lee's team has successfully done eight limb transplants on five patients, using just one anti-rejection drug and a technique they call the "Pittsburgh Protocol." Under the protocol, limb recipients – such as Pollock – receive an infusion of marrow from the limb donor two weeks after the transplant. That helps trick the recipient's immune system into accepting the arm and hands.

Donor limbs come from the bodies of people who are on life support but not expected to survive. Transplant teams ask families if they will consider allowing the arms or hands of a loved one be offered to patients awaiting them.

Limb transplants have one advantage over organ transplants: rejection is easier to diagnose. The body's immune system first attacks the skin from the transplanted limb, having interpreted it as a foreign substance.

"If there is any rejection it will be a rash," Lee says. That rash is treated with a topical steroid cream that does not have the same

harmful side effects as the steroids organ-transplant patients often take.

Finding matching limb donors, however, is difficult. Donor limbs have to be the same size, same build, and have the same skin tone, blood and tissue type as the recipient.

**Help for Wounded Warriors.** Three of the five people Lee's team has treated are former members of the U.S. military. Josh Maloney, a Marine who lost his right hand in an explosives demonstration, received the first-ever hand transplant using the Pittsburgh Protocol in March 2009. Two months later, Lee's team performed the first bilateral hand transplant on an Air Force veteran who lost his hands as the result of septic infection.

Pollock became the team's third transplant patient in February 2010 – and the first in the United States to receive an above-elbow arm transplant. Brendan Marrocco, a soldier who lost both arms and both legs to an armor-piercing roadside bomb on Easter Sunday 2009, has met with Lee's team and is now a candidate for a bilateral limb transplant. His right-arm transplant would be similar to Pollock's.

As many as 16 surgeons, including orthopedic, plastic and microvascular specialists, work as long as 12 hours straight from the time they begin to remove the hands or arms from the donor to the time they finish attaching the limbs to the recipient. The final moments,

when the recipient's blood vessels are connected to the new arms and hands, is dramatic, Lee says. "You can see the blood go into the hand. What have been pale tissues turn pink."

Limb transplants are a key focus of AFIRM, a dual multi-university/medical-center consortium started in 2008. Wake Forest University and the University of Pittsburgh lead one consortium; Rutgers University and the Cleveland Clinic lead the other. The U.S. Army Institute of Surgical Research in San Antonio is the primary military partner, providing research-laboratory resources and guidance regarding military burn patients.

The \$280 million initiative was launched with funding from the Army, Navy, Air Force, National Institutes of Health, DoD Public Affairs and VA.



*Chris Pollock has logged more than 1,700 hours of occupational therapy during his transplant journey.* Amy C. Elliott

Universities, industry and state governments have also contributed. In addition to limb reconstruction, AFIRM is focused on burn repair, scar-free wound healing, craniofacial reconstruction and compartment syndrome – a post-surgical condition where inflammation can impair blood flow, damage nerves and kill muscles.

“Our intent was to have one therapy in clinical trials after five years,” says Terry Irgens, AFIRM director and a retired Navy captain. “We have 11 clinical trials after three years, and we are enrolling patients in seven of the clinical trials.”

The military is particularly interested in work to reduce the need for anti-rejection drugs. “The goal would be to get patients to accept the donors’ limbs without lifelong immunosuppression,” says Dr. Wendy Dean, a medical consultant to AFIRM. Besides damaging the liver and kidneys, it’s a huge financial burden for patients. “Even with hand transplants, a patient is looking at upwards of \$20,000 in immunotherapy,” says Lt. Col. Brian Moore, AFIRM’s deputy director. Reducing or eliminating the need for such drugs will help the civilian and military communities alike.



*Sheila Advento lost her hands and legs to a life-threatening bacterial infection. After a bilateral hand transplant in 2010, she's driving and living independently again.* Amy C. Elliott

**Blessed Journey.** Sheila Advento, a 34-year-old New Jersey resident, is drawing and painting again because of AFIRM’s limb transplant research. In July 2003, Advento contracted meningococcemia, a virulent bacterial infection that can cause gangrene. When she woke up after nine days in the hospital, her hands were black. “They were lifeless, dead,” Advento says. “I was numb from staring at them. I knew they had to go.”

Advento’s hands were amputated at the wrist. Days later, doctors had to remove both legs below the knee. However, a plastic surgeon at Hackensack University Medical Center transplanted muscle from the left side of Advento’s back to her right arm in case she decided to have a hand transplant at some point in the future. That idea took hold. “Throughout all those years, I always wondered how much more I would be able to accomplish with just one hand,” she says.

Advento contacted Lee after reading about his work in late 2009. That led to a week of intense physical and psychological screening. Doctors told her she could change her mind at any time. “I was still determined, no matter what,” Advento says. In September 2010, she became the first woman in the United States to receive a bilateral hand transplant. A month later, she was drawing pictures.

Advento’s ability to feel cold returned while she was washing her hands in mid-November. “I was in shock,” she says. “I must have texted everybody.” By early 2011, Advento could feel texture. She’s still receiving occupational therapy six hours a day, five days a week. But Advento is living on her own, driving again, and has returned to work at Quest Diagnostics two days a week.

“I had my moments, especially when I didn’t have hands,” Advento says. “But I’ve had the greatest support system. I felt myself to be blessed my entire journey.”

It’s a difficult journey that demands a great deal from transplant patients, Lee says. They may need occupational therapy for three years. And because nerves only grow an inch a month, it can take up to three years for a patient to gain maximum function from new limbs. “There’s no question that patients’ effort and time in therapy correlates with how much function they regain,” Lee said. “(Pollock) has been gaining good function quicker and better than I expected because of his sheer dedication to therapy.”

Pollock is well aware of what that commitment has meant. By his tally, he will have received 1,700 hours of occupational therapy as of mid-January. That’s far from his only challenge. He can no longer work as a mechanic, and he had to move back home with his parents and apply for Social Security disability benefits. But he still considers himself fortunate.

“I don’t see this as being difficult,” Pollock says. “I look back, and it was all a speck of dirt.”

*Ken Olsen is a frequent contributor to The American Legion Magazine.*

**– SAVE \$75 - \$150 PER YEAR ON BAGS OF SALT ALONE –**

# Get Rid of Hard Water Problems Without Expensive Water Softeners

*Made with Pride in  
North Canton Ohio*

**Eliminate unsightly limescale and actually prevent it from forming**

By: B. Michael John, Media Services

Are you tired of hard water problems: **unsightly scale** on fixtures, toilet bowls and showerheads; **scale build-up** in pipes; **poor lather** from detergents and shampoos; **clothes that look dingy** and feel harsh after washing; **hard-to-remove film** on glass shower doors, walls and bathtubs; hair that feels sticky and looks dull; **dry, itchy skin; soap scum** on sinks and appliances?

If you answered "yes" to any of these questions, you are the perfect candidate to try the ScaleRID Electronic Hard Water Treatment System in your home for the next 120 days.

If you don't get RID of your hard water problems, you will receive a complete refund.

But that won't happen because ScaleRID is one of the most advanced, effective electronic hard water treatment systems you will find for such a low cost. It's also the easiest to install.

**Q. But how exactly does it work?**

A. The ScaleRID, which is about 4" x 6" and weighs less than 3 pounds, treats hard water with a patented technology that induces variable electric fields with a continuously changing frequency. This field causes the dissolved minerals of calcium and magnesium to crystallize and remain in suspension, instead of adhering to the walls of piping, faucets or heating elements.

These minerals, now in suspension, flow with the water and are discharged down the drain (see diagram and our ScaleRID white paper at [www.usascalerid.com](http://www.usascalerid.com) for more details).

**Q. How is ScaleRID different from salt-based water softeners?**

A. In a salt-based water softener, an ion exchange takes place and the hard ions in calcium and magnesium trade places with the soft ions from the salt poured into the tank used during regeneration.

Most of the salt used for regeneration gets flushed out of the system. The process can be damaging to the environment, not to mention wasting 80-150 gallons of water a week or month and adding unhealthy salt to your water.

**Q. What makes ScaleRID so special compared to other electronic water treatment systems?**

A. International Home Shopping (IHS) just completed an upgrade of ScaleRID to make it: **1) the easiest to install;** with our new exclusive Quick Connect Coil you can have your

ScaleRID up and running in about 10 minutes, **2) one of the most advanced;** new computer chips replace integrated circuits to make the ScaleRID the most efficient device for its cost, **3) the least expensive;** even with all our improvements, we lowered our prices so that everyone with hard water problems can get RID of them simply, safely and inexpensively.

**Q. Without regeneration, how will I know the ScaleRID is working?**

A. You will get the most important benefit: you will not be bothered by hard water problems. Within the first week, you will see the elimination of new scale deposits and loosening of existing scale. Soap will lather easier; your skin will feel softer and your hair cleaner and more manageable. You will notice the reduced amounts of soap, shampoo, detergents and cleaners you need to use to get jobs done. Cleaning of surfaces, especially chrome, baths and sinks will be easier. Your water pressure may improve without scale clogging your pipes.

**Q. This sounds too good to be true; does ScaleRID really work?**

A. The science behind ScaleRID has been around for years. There are hundreds of thousands of units operating in 40 countries. But thanks to IHS, everyone can now utilize this science because ScaleRID is so easy to install, so efficient and effective and so reasonably priced.

These minerals, now in suspension, flow with the water and are discharged down the drain (see diagram and our ScaleRID white paper at [www.usascalerid.com](http://www.usascalerid.com) for more details).

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**Q. What makes ScaleRID so special compared to other electronic water treatment systems?**

A. International Home Shopping (IHS) just completed an upgrade of ScaleRID to make it: **1) the easiest to install;** with our new exclusive Quick Connect Coil you can have your

NOTHING.

Just think how you'll enjoy not lugging those salt bags around, but still getting rid of hard water problems.

## How To Order

The ScaleRID SR-2000 for **very hard water** is regularly \$497 plus \$10 shipping. For the next 10 days **you receive a \$250 discount, over 50% off**, plus **FREE shipping** and pay \$247 delivered.

The ScaleRID SR-1000 for hard water is regularly \$197 plus \$10 shipping. Over the same time period you receive a **\$50 discount and FREE shipping** and pay only \$147 delivered.

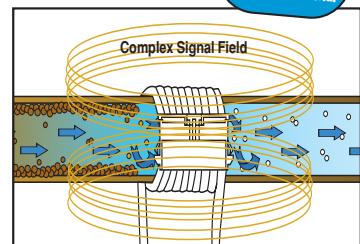
For more information or to start your **120-Day ScaleRID No Risk Challenge** call toll-free or go online at [www.usascalerid.com](http://www.usascalerid.com).



Quick Connect Coil  
attaches in seconds  
around water pipe.  
Works on copper, PVC,  
galvanized pipe.

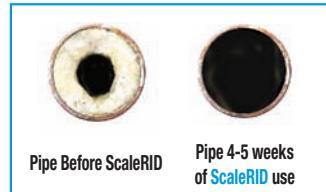
## ScaleRID How It Works

**100%**  
Satisfaction Guarantee  
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- Install in 10 Minutes - No Plumbers
- No Maintenance
- The system consists of the energizing unit and a Quick Connect Coil that simply snaps around the pipe of the incoming water supply.
- The 21st century way to eliminate limescale and hard water problems in city water and well water.
- Unit weighs less than 3 lbs. No more big tanks and heavy salt bags to lug around.

Incoming water saturated with calcium and other mineral ions in solution.  
Solution less saturated with calcium and able to dissolve existing scale.



### ScaleRID vs. Salt-Based Water Softener Comparison

	ScaleRID	Salt-Based Water Softener
Cost	under \$150	\$400 - \$1,800.00
Maintenance	none	constant maintenance
Treatment Method	electrical field	salt-based ion exchange
Installation	10 minute do-it-yourself	professional
Scale Removal	YES	NO
Scale Prevention	YES	NO
Back Flush	NO	YES 80-100 gallons per week
Skin Test	makes skin softer	makes skin dry
Soap Test	soap suds wash away	soap suds difficult to remove
Health Benefits	leaves in essential minerals	exchanges minerals with sodium

### Non-Paid ScaleRID User Testimonials

*The ScaleRID has helped my plumbing tremendously. It has cleaned out the build-up on all my faucets. There is no more residue on my sink... and most importantly, not in my coffee pots. I am a very satisfied customer.*

*Mrs. Wagner, WY*

*The product is very wonderful. There is no more build-up on my shower heads. They are no longer plugging up...from all the years of build-up. I have only had the product for several months, however I am very satisfied.*

*Mr. Finch, WA*

*Our water is much cleaner and we get more suds when we do laundry and dishes. Also, the unit was very easy to install. I would recommend this unit to many more friends.*

*M. Sousoures, NV*

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# Where **connections** are made

*From schoolchildren to executives, thousands of Texans show up at Dallas/Fort Worth International Airport to welcome troops home for R&R.*

**STORY AND PHOTOS BY JAMES V. CARROLL**

North Texas folks are serious about welcoming home America's military heroes. Thousands of volunteer well-wishers have assembled at Dallas/Fort Worth International Airport (DFW) over the past seven years to greet U.S. troops returning from Kuwait, Afghanistan and Iraq.

Every day, a hundred or more military men and women pass through DFW, on their way home from deployment for two weeks of rest and relaxation. The airport has assisted more than 1 million servicemembers in transit since the first R&R flight arrived in November 2004.

Army Lt. Col. Patrick McAfee, commander of the Army's Dallas/Fort Worth Personnel Assistance Point since 2005 and a Legionnaire, says the Welcome Home a Hero program couldn't be better situated than in the heart of Texas at one of the nation's busiest airports.



**TOP:** Schoolchildren are all grins as they greet a soldier arriving at DFW for two weeks of rest and relaxation.

**ABOVE:** USO staff and volunteers answer a returning soldier's questions.

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# Finally, a cell phone that's... a phone *with rates as low as \$3.75 per week!*

"Well, I finally did it. I finally decided to enter the digital age and get a cell phone. My kids have been bugging me, my book group made fun of me, and the last straw was when my car broke down, and I was stuck by the highway for an hour before someone stopped to help. But when I went to the cell phone store, I almost changed my mind. The phones are so small I can't see the numbers, much less push the right one. They all have cameras, computers and a "global-positioning" something or other that's supposed to spot me from space. Goodness, all I want to do is to be able to talk to my grandkids! The people at the store weren't much help. They couldn't understand why someone wouldn't want a phone the size of a postage stamp. And the rate plans! They were complicated, confusing, and expensive...and the contract lasted for two years! I'd almost given up until a friend told me about her new Jitterbug® phone. **Now, I have the convenience and safety of being able to stay in touch...with a phone I can actually use."**

Sometimes I think the people who designed this phone and the rate plans had me in mind. The phone fits easily into my pocket, and flips open to reach from my mouth to my ear. The display is large and backlit, so I can actually see who is calling. With a push of a button I can amplify the volume, and if I don't know a number, I can simply push "0" for a friendly, helpful operator that will look it up and even dial it for me. The Jitterbug also reduces background noise, making the sound loud and clear. There's even a dial tone, so I know the phone is ready to use.

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Watch a video about the Welcome Home a Hero program:

 [www.legion.org/magazine](http://www.legion.org/magazine)

"I'm amazed every morning at the number of folks who line the pathway of returning troops," McAfee says. "They are loud and proud. They are enthusiastic and sincere in their greetings. The Welcome Home a Hero program here at DFW is nothing short of inspiring. I can't wait to get to work every morning."

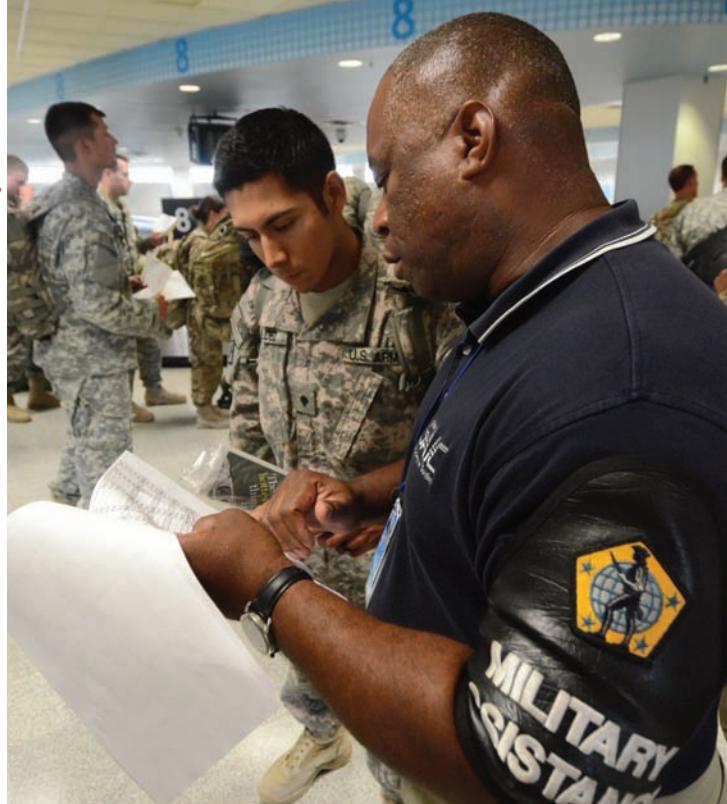
Veterans, corporate executives, students, civic organizations and church youth groups all turn out to greet troops in transit.

"Elementary-school children arrive with handpainted signs," McAfee said. "Folks from The American Legion, Veterans of Foreign Wars and other veterans service organizations are frequently in attendance, waving small U.S. flags and extending a hand to their active-duty counterparts. Folks run the gamut. Former President George W. Bush and his wife, Laura, were here last year to welcome home surprised troops."

The program would not be possible without the support of DFW and the North Texas Commission, McAfee said.

"We are delighted to assist DFW International Airport with its greeting program for the troops returning for R&R," said Mabrie Jackson, president and CEO of the North Texas Commission. "This is truly a regional effort of patriotic citizens wanting to show their support for our troops."

The Dallas/Fort Worth airport has donated hundreds of thousands of dollars for office space for the R&R and USO programs, and waived more than \$1 million in landing fees. DFW has one of only two



**ABOVE:** Volunteers help direct troops to their connecting flights.

**BETWEEN:** Dozens of military supporters welcome a soldier with handshakes and high-fives.

R&R programs at airports in the United States; the other is at the Hartsfield-Jackson Atlanta International Airport.

"DFW International Airport has been honored to receive the troops coming home," said Jeff Fegan, CEO of DFW. "The Welcome Home A Hero mission is second to none." ☺

*James V. Carroll is photo editor for The American Legion Magazine.*





Actual size is 40.6 mm

# Millions are scrambling for the new 2012 Silver Eagle...But today you get it at the LOWEST PRICE!

The economic crisis has sparked a huge demand for U.S. Mint Silver Eagles. Collectors, investors, dealers and the public alike are scouring the country to obtain them, creating a serious national shortage. But today, as a special offer to new customers you can own these HEFTY Silver Dollars at our lowest price—as low as \$39.95!\*\*

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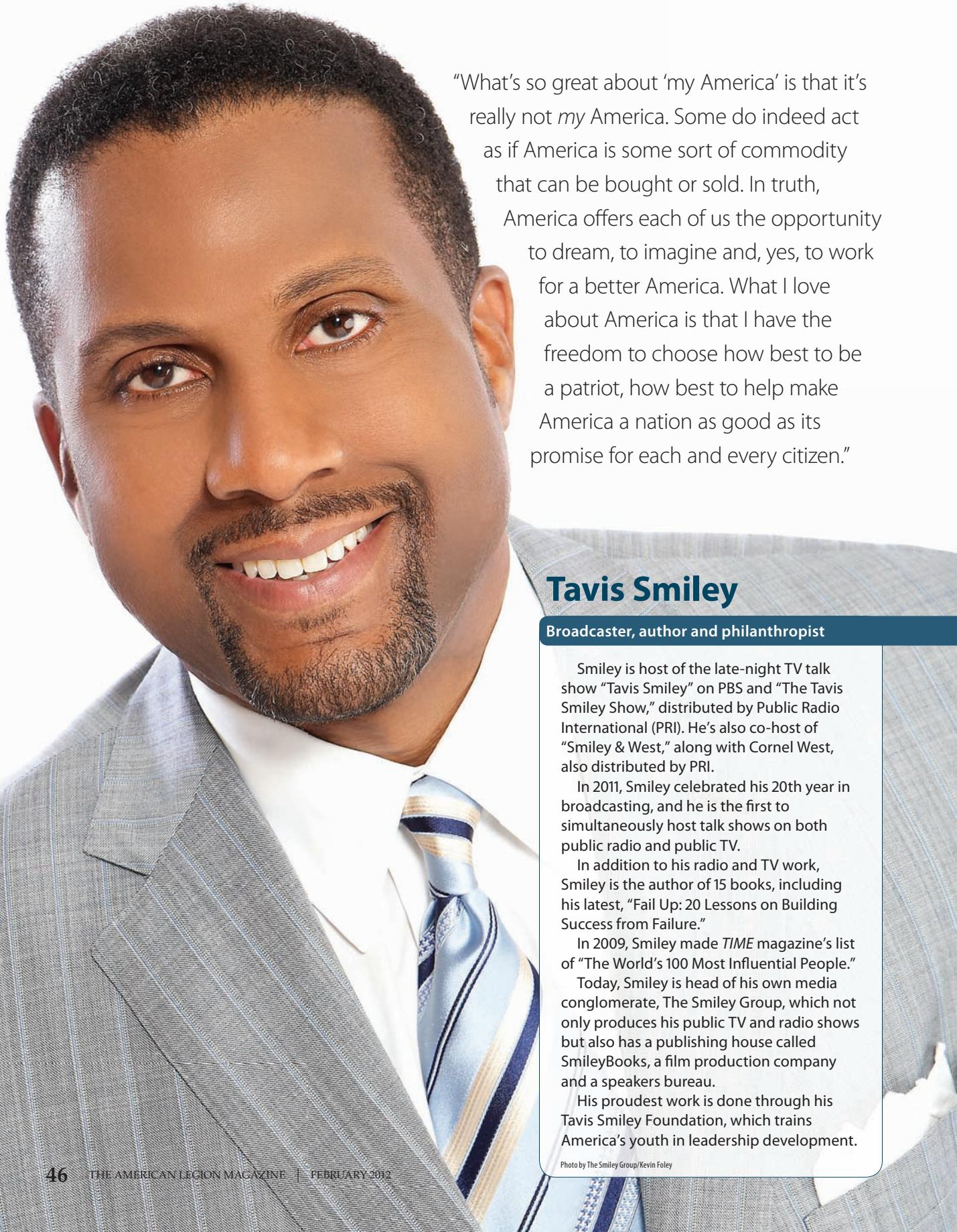


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"What's so great about 'my America' is that it's really not *my* America. Some do indeed act as if America is some sort of commodity that can be bought or sold. In truth, America offers each of us the opportunity to dream, to imagine and, yes, to work for a better America. What I love about America is that I have the freedom to choose how best to be a patriot, how best to help make America a nation as good as its promise for each and every citizen."

## Tavis Smiley

**Broadcaster, author and philanthropist**

Smiley is host of the late-night TV talk show "Tavis Smiley" on PBS and "The Tavis Smiley Show," distributed by Public Radio International (PRI). He's also co-host of "Smiley & West," along with Cornel West, also distributed by PRI.

In 2011, Smiley celebrated his 20th year in broadcasting, and he is the first to simultaneously host talk shows on both public radio and public TV.

In addition to his radio and TV work, Smiley is the author of 15 books, including his latest, "Fail Up: 20 Lessons on Building Success from Failure."

In 2009, Smiley made *TIME* magazine's list of "The World's 100 Most Influential People."

Today, Smiley is head of his own media conglomerate, The Smiley Group, which not only produces his public TV and radio shows but also has a publishing house called SmileyBooks, a film production company and a speakers bureau.

His proudest work is done through his Tavis Smiley Foundation, which trains America's youth in leadership development.

Photo by The Smiley Group/Kevin Foley

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[HISTORY]

# RETURN TO CAPE MAY

*Grandson's dive brings last Jacob Jones survivor back to site of sinking.*

BY CAIN CHAMBERLIN

On Feb. 28, 1942, Joseph Paul Tidwell and 10 other sailors arrived in Cape May, N.J., after spending hours in the wintry seas off the East Coast. They were the only survivors of the destroyer USS *Jacob Jones*, sunk by two torpedoes from U-578 just 32 miles southeast of the city.

The day before, *Jones* had sighted the burning wreckage of the tanker *R.P. Resor*, torpedoed just east of Barnegat Light. The destroyer searched the waters for survivors before resuming its southward course, but came under attack itself when a torpedo struck the port side just aft of the bridge and ignited the ship's magazine. A second torpedo hit 40 feet forward of the fantail.

Most of the 145 men aboard were killed immediately; those who survived abandoned ship and dove into the freezing waters. Within 45 minutes, *Jones* was completely below the surface. But before it hit bottom, the depth charges on board exploded, killing more men. The survivors floated on life rafts and prayed for help to arrive. Hours later, it finally came. Only 12 men were brought back on patrol boat *Eagle 56*; one passed away en route to Cape May.

Tidwell, 92, who retired from the Navy as a master chief, is the only living survivor of the *Jones* sinking. He returned to Cape May last July for the first time since the tragedy, joined by his family. Though his memories of that day remain vivid, Tidwell didn't tell the whole story to his children – Jim, Joe and Janet – until they were older.

"He never talked about it," says Jim, 61, a Navy veteran himself. "We asked him about it a couple of times, but he didn't say much."

Jim's own son, Eric, is a Navy commander and

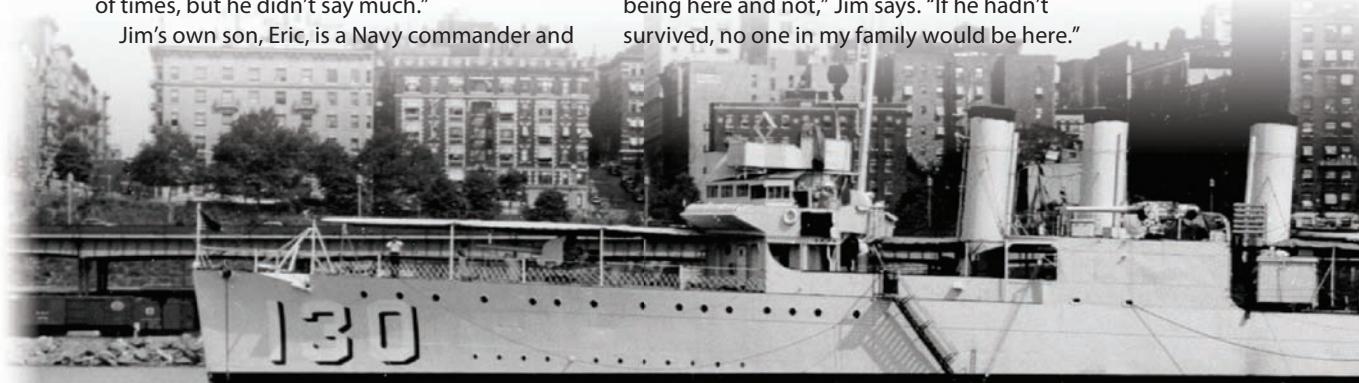
fighter pilot stationed in Japan. He's also a licensed scuba diver, and when he heard that others have dived the *Jones* wreck, he wanted to see the remains of his grandfather's ship. Eric contacted Gene Peterson of Atlantic Divers in New Jersey to arrange a trip, knowing the dive wouldn't be easy. He was used to the warm, tropical waters of Key West, not the frigid North Atlantic. And at nearly 120 feet, it would be the deepest dive he'd attempted.

Wanting Eric to have the best possible experience, Peterson contacted the crew of the RV *Explorer* in Cape May. They've dived for years, and are familiar with hundreds of shipwrecks off New Jersey, Delaware and Maryland.

On July 22, Eric, Jim and Peterson traveled with the *Explorer*'s crew to the site of *Jones'* sinking. The wreckage is scattered across nearly two miles of ocean floor, but the divers wanted to see the largest and most recognizable part of the ship: a piece of the midsection and stern.

En route, Rusty Cassway, co-owner of the *Explorer*, shared the dive plan, letting Eric know what to expect. When they arrived, the men suited up and jumped in, using guide ropes to descend to the wreck. Eric described those moments as "surreal," as he tried to imagine what he would see at the bottom. He spent about a half hour examining the wreck as Jim anxiously waited above, barely able to believe he was standing where his father nearly perished 69 years ago.

"That morning was the difference between me being here and not," Jim says. "If he hadn't survived, no one in my family would be here."



Upon surfacing, Eric told Jim that the remains of the ship are so mangled that it would have been difficult to figure out what he was seeing had he not known beforehand. He said he had built up the moment in his mind, but realized that after 70 years, the destroyer's condition would be poor.

"You see all this twisted metal and you put your hands on it – it gets you thinking about what happened to a bunch of 20-year-olds and how they dealt with it," Eric says. "I'm 40 now, and I don't even know how I would have dealt with something like that if it happened to me."

Paul Tidwell arrived in Cape May two days after his grandson's dive, and recalled that two things kept him going the morning of Feb. 28, 1942, as he fought through explosions, the sight of lost shipmates and bitterly cold waters.

The first was his faith. Raised a Methodist, Paul never abandoned his belief in God during the ordeal. Second was Paul's family back home: his mother and six siblings. Like him, his two brothers, Thurman and Robert, were serving in the military – Thurman in the Army Air Forces, and Robert in the Army's 10th Mountain Division.

Eric shared photos and stories from his dive with Joe and Janet, who traveled with their father to Cape May. Joe is another Tidwell who served in the military, first in the Naval Reserve and then in the Army. He says that since 1940, there's always been at least one member of the family in uniform.

"We envision service to our country as something we need to do, and are honored to do," Joe says. "We enjoy the friendship, fellowship and camaraderie of the military."

Seeing pictures of Eric's trip to the wreck of the *Jacob Jones*, Janet wiped away tears, trying to grasp the extent of what her father endured.

"We've been having a lot of what they like to call 'Hallmark moments,'" she says.

During their reunion in Cape May, the Tidwells visited one of the remaining World War II watchtowers in neighboring Cape May Point. Local veterans welcomed Paul back to Cape May, including James Rodan, 87, who met the *Jones* survivors at a diner just hours after their rescue in 1942.

Cape May historian Robert Heinley says dozens of ships sunk by German torpedoes are off the New Jersey and Delaware coasts. "It wasn't a daily occurrence, but it wasn't rare, either," he says.

As the first U.S. warship to be sunk by enemy attack after Pearl Harbor, *Jacob Jones* has a special place in World War II history. To see the last survivor of the sunken destroyer return to Cape May was incredible, Heinley says.

"People don't realize how big and tragic an event that was. Some don't even know it happened."

*Cain Chamberlin is a writer for the Cape May Star and Wave and a member of Sons of The American Legion Squadron 534 in Wyallusing, Pa.*



U.S. Naval Institute

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If you suffer from Tinnitus and experience ringing in the ears, buzzing, hissing, whistling, or other sounds, you should know that help is available. Many people are putting up with irritating noises because they are not aware of this proven treatment.

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## RAPID FIRE

### [VERBATIM]

**"There was no ceremony, just a signing of paperwork akin to the closing of a home sale."**

**Col. Barry Johnson**, Army spokesman, on the U.S. military's transfer of Camp Victory to the Iraqi government Dec. 2.

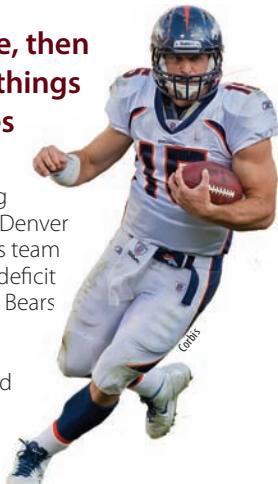
At the war's peak, the base housed 68,000 servicemembers and contractors.

**"When you consider the number of these types of calls that we receive, it really taxes our resources."**

**Perry Polinski**, 911 coordinator for Evanston, Ill., on the increase in unintentional calls received by city emergency workers every month. The vast majority, Polinski says, are the result of people sitting on their cell phones and accidentally hitting speed dial, also known as "butt-dialing."

**"If you believe, then unbelievable things can sometimes be possible."**

**Tim Tebow**, starting quarterback for the Denver Broncos, who led his team to overcome a 10-0 deficit to beat the Chicago Bears on Dec. 11. No other quarterback in NFL history has produced six fourth-quarter comebacks in his first 11 NFL starts.



**"She said that being Chelsea Clinton had happened to me and that I had a responsibility to do something with that asset and opportunity."**

**Chelsea Clinton**, who made her debut as a correspondent for NBC in December. In an interview with Brian Williams on "Rock Center," Clinton said her late grandmother, Dorothy Rodham, encouraged her to lead a purposefully public life.

Sources: AFP, CBS 2, *The Washington Post*, NBC

# SCIATICA BACK PAIN?

If you suffer from Sciatica symptoms, such as intense pain in the buttocks and lower back, or pain and numbness in your legs and feet, you are not alone. Over 170 million people suffer from the burning, tingling, numbing, and shooting pains because they are not aware of this proven treatment.

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and contain eight active ingredients, such as magnesia phosphorica, which reduces cramps and radiating pains that are worse at night.

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# FIBROMYALGIA PAIN?

If you suffer from aches and pains all over, have difficulty sleeping, and have the feeling of little or no energy, you may be one of the six million Americans who suffer from Fibromyalgia. These pains can be in the neck, shoulders, back, arms, and legs and can be accompanied by muscle tenderness and soreness. Many people are living in pain because they are not aware of this new proven treatment.

MagniLife® Fibromyalgia Relief relieves the everyday pain by using ingredients such as Conium that trigger reactions from the body to effectively relieve symptoms when nothing else has worked. The tablets dissolve under the tongue and can be taken safely along with other medications with no side effects. *"Fibromyalgia*

*Relief tablets have worked like a miracle. I have tried all other sorts of medications. I've been taking them less than two weeks, and my fingers and hands aren't stiff anymore. Whatever is in them works beautifully!"* - Helen D., Alabama.

MagniLife® Fibromyalgia Relief is available at Rite Aid Pharmacies. It can also be ordered risk free for \$19.99 (plus \$5.95 S&H) for 125 tablets per bottle. Save when you order two bottles for \$39.98 (plus \$9.95 S&H) and receive a third bottle FREE. Send your name and address with payment to: MagniLife, Dept. FAL-5, P.O. Box 6789, McKinney, TX 75071 or call 1-800-730-4173. Satisfaction guaranteed or return the bottles within 90 days for a full refund. Order now at [www.MagniLife.com](http://www.MagniLife.com).

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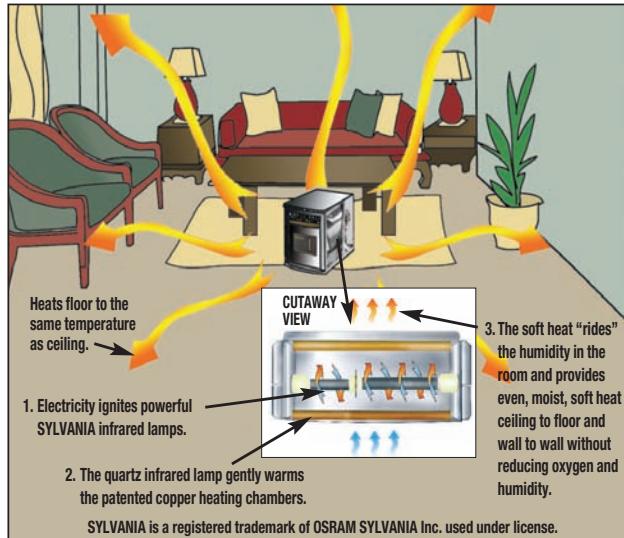
**Firemen and safety professionals choose EdenPURE®. We all read about space heaters and the danger of fire. The EdenPURE® has no exposed heating elements that can cause a fire. And your pet may be just like my dog that has reserved a favorite spot near the EdenPURE®. - Bob Vila**

duce humidity or oxygen in the room. These imitators use ceramic plates instead of our patented copper. Cheap ceramic plates reduce humidity, dry out your sinuses and make your skin dry. With other heating sources, you'll notice that you get sleepy when the heat comes on because they are burning up oxygen.

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[TRIBUTE]

# Hero Street, USA

*One block in Silvis, Ill., has produced more than 100 U.S. servicemembers.*

BY LAURA EDWARDS

Silvis, Ill., is a small town by the Mississippi River, just outside the Quad Cities area of Illinois and Iowa. With a population of about 10,000, most people know, or are acquainted with, the Soliz family of Hero Street.

Immigrant workers from Mexico settled in Silvis in the early 1900s to work for the Rock Island Railroad Co. They were allowed to rent boxcars on Second Street, which they turned into living spaces for their community. The area – about a block long – soon supported over two dozen homes, filled with large, proud and hopeful families.

Since the start of World War II, more than 100 residents of Second Street have volunteered to serve in the U.S. military – a statistic thought to be unmatched by any area of comparable size in the United States, and one that led to Second Street being renamed Hero Street, USA, by the City of Silvis in 1967.

The Soliz family played a big part in building Hero Street. Margarito Soliz, a Korean War Army veteran who lives in Anthony, Texas, says that 14 of his relatives have served their country, and two are among the eight from Hero Street who made the ultimate sacrifice. Claro Soliz, Margarito's uncle, was killed in the Battle of the Bulge during World War II. And Joe Gomez, a cousin, died during the Korean War. "Eighty percent (of residents) on the street were cousins somehow," Margarito says.

He concedes that in some cases, joining the military was as much for economic reasons as for patriotic ones. "Overseas, I was a U.S. soldier who could pull a trigger; here, I was a Mexican who couldn't get a job," he says. Employment opportunities were limited to the railroad or restaurants.

In 1971, the city opened Hero Street Memorial Park on a hill where local children used to play. But as the years went by, the Soliz family thought that the area closest to the street should have a memorial monument of some sort. In 1993, the Hero Street Monument Committee, which included four Soliz brothers – Margarito, Sonny, Frank and Tony – took the first steps to build a monument at the corner of Hero Street and First Avenue.

The Soliz family bought the property and demolished an old house that had stood on it. Sonny designed the monument, which includes a bronze Aztec-style pyramid and helmet, crossed by a rifle and U.S. flag that serve as a



*The Hero Street Memorial Monument in Silvis, Ill., honors all veterans, including eight who made the supreme sacrifice. Six were killed in World War II and two in the Korean War.*

Photos courtesy Tony Soliz

perch for a bald eagle. A granite base includes engraved names and other tributes to the eight Hero Street veterans who made the supreme sacrifice.

The Solizes also sold memorial bricks to raise funds to build the memorial, which is 17 and a half feet tall and weighs 35 tons. Its bronze was cast in Mexico and shipped to Illinois free of charge by a local company.

The Soliz family helped dedicate the Hero Street Monument in 2007, with Margarito serving as master of ceremonies and veterans' families receiving flags and planting trees in memory of their loved ones. Since that day, the Solizes have worked hard to uphold the maintenance and dignity of the monument, which is the site of the city's patriotic observances and memorial events. Tony serves as president of the Hero Street Monument Committee.

The family is fiercely protective of the monument and opposed to the idea of folding it into city property to match nearby Hero Street Park. "That (the monument) is the most attractive thing in Silvis," Tony says. "It's the main attraction."

*Laura Edwards is assistant editor for The American Legion Magazine.*

 [www.herostreetusa.org](http://www.herostreetusa.org)



*Five of the Soliz brothers – Paul, Tony, Frank, Sonny and Margarito, clockwise – served during the Korean War.*

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[SERVICE]

## Legionnaire pursues overdue medals owed to veterans

On Aug. 20, 2011, Willard Hinnant of Selma, N.C., a retired Army staff sergeant who fought at Normandy and the Battle of the Bulge, finally received the Bronze Star for acts of bravery during war. Like many other veterans, Hinnant would likely still be waiting for recognition were it not for the Veterans Legacy Foundation of Cameron, N.C., and its staff of Legionnaire volunteers.

Founded in 2010 by John Elskamp, an Air Force veteran and member of American Legion Post 28 in Lillington, N.C., the nonprofit foundation does what congressional aides and veterans groups often don't have the time or resources to do: track down overdue medals for veterans, from World War I to the war on terror.

"It's rewarding when we help veterans get the recognition that they're owed," Elskamp says. "All of the people who work with me are just as passionate as I am about helping our veterans."

Pursuing awards owed to veterans isn't new to Elskamp; that was his job when he served on active duty, and he still enjoys doing it. He and his 10 volunteers wear a lot of hats as they hunt down missing medals. They are detectives, searching the country for platoon leaders and commanding officers. They are researchers, poring through historical files. They are fundraisers, looking for charitable donations even as they apply for state and federal grants. The Veterans Legacy Foundation team offers its services free of charge, understanding the value and importance of leaving behind a legacy.

"What I did in the military is important to me and my family, and earning a medal is something you want to leave behind," Elskamp says. "This is why the group is called Veterans Legacy."

In just two years, the foundation has given overdue recognition to nearly 35 veterans across North Carolina, and currently has 80 active cases. Each one can take anywhere from 30 days to several months to complete, or even years for the more difficult cases. Once the medals are obtained, the foundation hosts a ceremony to acknowledge the veteran's heroism.



John Elskamp, left, helped Willard Hinnant receive an overdue Bronze Star for his actions during World War II. Photo courtesy John Elskamp

The Veterans Legacy Foundation seeks ceremonial support from National Guard units, among others. Often, local Guardsmen attend the ceremonies, and a general or other high-ranking officer may present the award, or awards, to the veteran.

On the day of his ceremony, Hinnant stood on the steps of the Johnson County Courthouse in Selma, surrounded by family, friends, Legionnaires and American Legion Riders. They applauded when his Bronze Star was pinned to his suit.

"We haven't been forgotten," Hinnant says. "That's the big thing, really."

As word of the Veterans Legacy Foundation's successes spreads, veterans in other states have contacted the group for assistance. Elskamp said he'd like to expand the foundation's operations outside North Carolina to give even more veterans the recognition they deserve.

To learn more about the Veterans Legacy Foundation, visit the group's Facebook page online.

[EDUCATION]

## Hockey game raises \$8,000 for Legacy Scholarship Fund



The fourth annual Military Classic of the South on Ice raised a record \$8,000 for The American Legion's Legacy Scholarship Fund, and for the second year in a row, The Citadel beat the Virginia Military Institute to take home the winning trophy. The game was played at the Raleigh, N.C., Ice Plex on Dec. 3.

Since 2008, the charity hockey game has raised nearly \$23,000 for the Legacy Scholarship Fund, which helps children of U.S. military personnel who died on active duty on or after 9/11 pay for their college educations.

"The young men on these two teams represent what's right with America," said the Rev. Philip Taylor of American Legion Post 132 in Smithfield, N.C., who coordinated the game. "They work hard, play hard and are willing to do anything that helps the families of our fallen comrades."

 [www.legion.org/donate](http://www.legion.org/donate)



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## RAPID FIRE

### [ECONOMICS]

## Offer veteran discount, increase profits

Business owners, do you want to be able to provide a discount to fellow veterans and increase profits at the same time? Here's some advice.

When you own a business, you should always be aware of your break-even

analysis, that exact point when you've made back your total investment plus expenses, and any further sales represent only profit. For this example, I'll use the break-even analysis for a specific product, and not for an entire business venture.

Let's suppose that you can purchase 500 widgets for \$2 each because you buy in bulk. The retail price for widgets is \$5.99 to \$7.99, and you believe that you'll be able to sell all 500 widgets at the competitive price of \$6.99.

If, at this selling model, you will break even after you sell 300 widgets (cost plus expenses), then you will make a profit of \$1,398 after you sell the remaining 200 widgets.

If you can purchase 700 widgets at a further discounted rate of, say, \$1.75,

then your break-even point – based on the original 500-widget model – will come quicker, as your profit margin on the original 500 widgets will be about 10 percent to 12 percent greater.

Now, here is where the magic happens. If you sell the remaining 200 widgets, with a special discount to veterans, at "cost," which may be in the vicinity of \$2.25 to \$2.50, then you can effectively sell 200 widgets at about a 300-percent discount to veterans, and in the process increase your original profit model by the aforementioned 10 percent to 12 percent.

One strategy I recommend is waiting until you have sold all, or at least the majority, of your original break-even quantity before you start offering discounts. I also recommend making sure you have thoroughly conducted an adequate market analysis, to ensure that you have enough of a market to sell your initial investment of 500 widgets, so that the additional discounted widgets won't create a burden on your operation.

*Louis Celli Jr. is CEO of the Northeast Veterans Business Resource Center. Readers can send questions for "On Point" to [lcelli@nevbrc.org](mailto:lcelli@nevbrc.org).*

### ON POINT



BY LOUIS J. CELLI JR.

### [EDUCATION]

## GI Bill benefit can't exceed 48 months



**Q:** I am a retired Army reservist who transferred my GI Bill benefits to my daughter. I did two years of active-duty time after 9/11, plus a tour in Iraq. I also served on active duty during Vietnam, and after getting out in 1972, I used the GI Bill available at the time. VA told me that I can use only one GI Bill in a lifetime and that I'm entitled to only three months under the new one, completing a maximum entitlement of 48 months. Is VA correct, or is this a decision I can appeal?

**A:** Unfortunately, the law states that a veteran may receive a maximum of 48 months of full-time entitlement. So if you transferred your GI Bill benefits to your daughter and have used 45 months of entitlement, then she would receive only three months of education benefits.

*Valerie Vigil, a Marine Corps veteran and member of American Legion Post 27 in Arizona, is a past vice president of the National Association of Veterans' Program Administrators. Send GI Bill questions to her by email. [askvalerie@legion.org](mailto:askvalerie@legion.org)*



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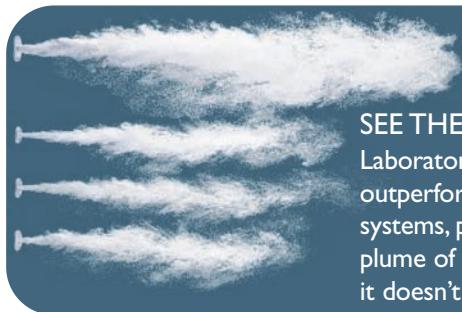
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[PERSONAL FINANCE]

## Have you talked money with your honey?

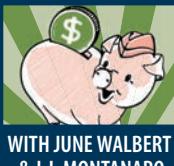
February is the month we traditionally celebrate our sweethearts. We send flowers, buy candy, massage feet and serve breakfast in bed, all in the name of making them feel special. Let's review a few things you can do today that will go a lot further than a dozen roses to show you truly care, and ensure long-term financial security in the event that they're left to manage the household finances on their own.

■ **Don't be a silent partner.** Communication is important in all relationships, but when it comes to finances, it's critical. Sharing financial information and concerns with your sweetie could positively modify behavior, eliminate confusion and even prepare them for the future. While one may be the family CFO, both have the need to know. Significant items include investments, life insurance and savings. But don't overlook the seemingly small stuff like your lawyer's name and address, account numbers and passwords, and whether bills are paid by check or online.

■ **Schedule a summit.** Meet with your financial planner, accountant and lawyer to make introductions and ensure that there's a comfort level. When a loved one is reeling from a broken heart, knowing and trusting the family's financial gurus can be comforting.

■ **Get the name right.** We've yet to hear of an unintended beneficiary, such as an ex, returning inherited funds to the rightful owner. It's important to note that a beneficiary-designation form supersedes a will. Make sure

### FOCUS ON FINANCES



WITH JUNE WALBERT &amp; J.J. MONTANARO

the beneficiary arrangements on your life insurance, annuities and retirement plans reflect your wishes.

■ **Make it legal.** We know you're probably already married. But we're talking about updating legal documents, such as your will, living will, powers of attorney and other legal docs, such as a living trust. If you're in a new or second marriage, euphoria sometimes overshadows financial sense, and you could

forget to take care of these critical items.

■ **Not your first rodeo?** If you've found yourself in a blended-family situation, it compounds the importance of everything discussed here. And additional planning and discussion may be required. For example, oftentimes a qualified terminable interest property (QTIP) trust may be appropriate to ensure that the current spouse is financially secure during his or her lifetime, but that the remaining proceeds pass to the beneficiaries of choice, like the kids from the grantor's first marriage.

While this month we're happily reminded that we have love in our lives, financial discussions should take place year-round. To add a little fun, consider a monthly or quarterly money date. Financial planning doesn't begin and end with a box of chocolates on Valentine's Day.

June Walbert and J.J. Montanaro are financial planners for USAA, The American Legion's preferred provider for financial services. Submit questions for them online.

[www.legion.org/focusonfinances](http://www.legion.org/focusonfinances)

[TECHNOLOGY]

## Lady Liberty fitted with webcams

To mark the 125th birthday of the Statue of Liberty, the National Park Service added five webcams to its torch, offering views not seen by the public in nearly a century, MSNBC reports. The webcams provide live streaming video of harbor traffic, airplanes and the Manhattan skyline.

www.earthcam.com, search "Statue of Liberty"

Getty/John Wang

[MEMBERSHIP]

### NEW POSTS

**Post 546, La Grange, N.C.** Chartered Nov. 28 (15 members)

**EI Korah Post 100, Boise, Idaho** Chartered Nov. 22 (20 members)

**Post 512, Altamont, Ill.** Chartered Nov. 15 (15 members)

**Post 408, Fort Gratiot, Mich.** Chartered Nov. 15 (27 members)

**University Veterans Post 360, Indianapolis**

Chartered Nov. 15 (16 members)

**R. Eldon Edwards Post 542, Sparta, N.C.**

Chartered Nov. 7 (43 members)

**Post 544, Sandy Ridge, N.C.** Chartered Nov. 1 (15 members)

**Post 545, Wilmington, N.C.** Chartered Nov. 1 (15 members)

**Post 478, Joliet, Ill.** Chartered Nov. 1 (15 members)

**Col. Ping Paraan Post 125, Luna, La Union, Philippines**

Chartered Oct. 18 (22 members)

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[VETERANS AFFAIRS]

## Senate investigates wait times for VA mental health care

BY TOM PHILPOTT

The chairman and ranking member on the Senate Veterans' Affairs Committee have asked for an audit of wait times for VA mental health care services, following testimony that care of post-traumatic stress patients is delayed by weeks or months at VA facilities as managers strive to boost their statistics on new-patient enrollments.

"We have many questions about the overall implementation of mental health services at VA, but the most important is whether or not veterans can access the mental health care they need in a timely manner," wrote Sens. Patty Murray, D-Wash., and Richard Burr, R-N.C., in a letter to the Department of Veterans Affairs inspector general on Dec. 6, 2011.

The request followed disturbing testimony by Michelle Washington, coordinator of PTSD services and evidence-based psychotherapy at the VA medical center in Wilmington, Del., that staff shortages are affecting patient care. Therapy for severe PTS patients gets delayed, she said, as schedulers "game" appointment dates so that the center appears to comply with a rule that PTS patients begin treatment within 14 days of seeking care.

But those initial appointments usually involve only information-gathering. Actual therapy usually doesn't begin until weeks later, even though timely treatment is critical to effective care, Washington said.

Her evidence-based psychotherapy for severe or complex PTS cases involves 10 to 12 consecutive weekly sessions during which a patient "re-experiences rather than avoids" their trauma, and addresses "erroneous beliefs" about these events to "better process" trauma memory. But scheduling a series of weekly appointments "is very difficult at my facility," she told senators.



Lance Cpl. Mike Atchue, U.S. Marine Corps

Patients wait as long as six weeks for initial therapy, during which some lose their motivation for treatment and others see their PTS worsen.

"Also, because scheduling clerks are under great pressure to bring new veterans in within 14 days, they may take one of my patients' regular appointments for a new-patient appointment, which hurts the effectiveness of my patient's treatment," Washington said.

"As long as scheduling continues to be driven by clerks (who are) pressured by management to make the numbers look good, and as long as mental health providers have little or no say about where and when to best serve their patients, this will keep happening."

Last summer, Murray, the committee chairman, directed VA to survey some front-line mental health care providers to learn whether they have enough staff and resources to treat patients in a timely manner. The results "were not good," she announced at a follow-up hearing in November.

Forty percent of providers said they could not schedule appointments in their clinics within the mandated 14-day window, 70 percent said they lacked adequate staff or space, and 46 percent said a lack of evening and other "off-hour appointments" blocked access to care for veterans.

Murray asked Mary Schohn, director of VA mental health operations, why there is a disconnect between these results and VA officials' contention that 95 percent of veterans get a mental health care appointment within the mandatory 14-day window.

Schohn conceded that Washington might be correct "that patients are not having access to the evidence-based therapies in the way that we expect they should be." The survey of mental health providers showed "there's access to the system, but not necessarily access to the specific therapies" in a timely fashion, she said. "And we are working on ensuring that that happens."

New guidance on the 14-day rule was issued to VA hospitals and clinics, and site visits are planned, Schohn said.

Schohn also conceded some variability in access to mental health care across the VA system. But overall, VA leads the private sector and other health systems in delivering quality mental health care. Mental health care staffing has increased by 48 percent since 2006, while the number of veterans using mental health services has climbed 34 percent.

In asking for the inspector general's audit, Murray and Burr noted that veterans continue to take their own lives "at unprecedented rates," which makes all the more disturbing long wait times for appointments, questions over bookkeeping, and dissatisfaction among front-line mental health providers.

*Tom Philpott writes the Veterans Update column for The American Legion Magazine.*

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## COMRADES

### How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information via our website, [www.legion.org/reunions](http://www.legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.** Notices should be sent at least six months prior to the reunion to ensure timely publication.

### Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period

and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

Erv SzpekJr., (262) 424-1345, [eszpekJr@sbcglobal.net](mailto:eszpekJr@sbcglobal.net); **F Trp 17th Cav (Vietnam)**, Las Vegas, 7/12-14, Chris Johnson, (502) 727-9280

### JOINT

**Alaska Mil Vets**, Milwaukee, 9/10-14, Don Retchlag, (847) 608-4570, [conniebayt@msn.com](mailto:conniebayt@msn.com); **Albemarle/Corpus Christi Bay Assn**, New Orleans, 5/20-23, Bruce Binns, (269) 345-6279, [ccbaypiper@iserv.net](mailto:ccbaypiper@iserv.net); **Udorn, Thailand, Vets (1961-1975)**, Dayton, OH, 7/22-25, Jerry Long, (817) 594-4623, [long\\_jerry@sbcglobal.net](mailto:long_jerry@sbcglobal.net)

### MARINES

**3rd Bn 5th Mar (1960)**, Las Vegas, 4/15-18, Carl Mullen, (619) 840-7812, [moonmull@cox.net](mailto:moonmull@cox.net); **Kilo Btry 4th Bn 13th Mar**, Wilmington, NC, 5/2-7, Tom Gafford, (434) 369-8032, [tag30@me.com](mailto>tag30@me.com); **NOB/NAS FASRON 105, VPB-208, VPMS-8, VP-48, VPB-213, VP-34 & Seabee Det**, Washington, 8/29-9/1, Franklin Barrett, (870) 496-2285, [barrett27@dishmail.net](mailto:barrett27@dishmail.net)

### NAVY

**Alamo LSD 33**, San Antonio, 4/22-24, Gary Moss, (850) 944-3499, [polygonlake10@cox.net](mailto:polygonlake10@cox.net); **Aucilla AO 56**, Pensacola, FL, 4/30-5/4, Anthony Flynn, (386) 671-1988, [tyga41@aol.com](mailto:tyga41@aol.com); **Bang SS 385**, San Diego, 10/22-26, Harry Ross, (310) 612-6629, [harryross@gmail.com](mailto:harryross@gmail.com); **Bluefish SSN 675 & SS 222**, Branson, MO, 5/24-27, John Wittenstrom, (910) 235-0191, [jwittenstrom@nc.rr.com](mailto:jwittenstrom@nc.rr.com); **Brunswick ATS 3**, Branson, MO, 8/16-19, Doug Sublett, (816) 401-3978, [sublett@kearney.k12.mo.us](mailto:sublett@kearney.k12.mo.us); **Claude V. Ricketts/Biddle DDG 5**, Jacksonville, FL, 5/3-6, Carl Slack, (603) 986-4661, [rickettsddg5@yahoo.com](mailto:rickettsddg5@yahoo.com); **Cony DD/DDE 508**, Providence, RI, 5/30-6/3, Kenneth Cox, (863) 307-3187, [kcox@tampabay.rr.com](mailto:kcox@tampabay.rr.com); **Dahlgren DLG 12/DDG 43**, St. Joseph, MI, 6/27-30, Ed Maher, (269) 461-3583, [edmahar@yahoo.com](mailto:edmahar@yahoo.com); **Forrest B. Royal DD 872**, Branson, MO, 6/21-24, Ron Larsen, (715) 423-8905, [mosbyusn@wctc.net](mailto:mosbyusn@wctc.net); **Fulton AS 11**, Fort Worth, TX, 9/12-16, Ronald Schwartzkopf, (512) 267-3183, [chris4iron@att.net](mailto:chris4iron@att.net); **Harlan R. Dickson DD 708**, Weston, WV, 9/30-10/4, Ken Connell, (304) 462-5607, [kconnell60@yahoo.com](mailto:kconnell60@yahoo.com); **Howard W. Gilmore AS 16**, Branson, MO, 5/3-7, Bob Munjas, (740) 676-5582, [moonmunj3@aol.com](mailto:moonmunj3@aol.com); **Johnston DD 821**, Savannah, GA, 5/17-20, George Sites, (614) 946-1203, [george.sites@gmail.com](mailto:george.sites@gmail.com)



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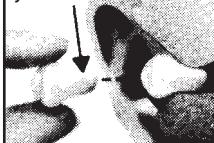
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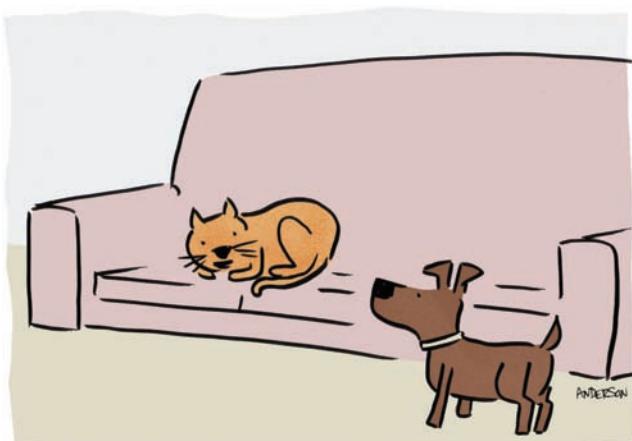
"No. I finally caught the dog."

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